

GOOD JAMS PRESERVES & PICKLES

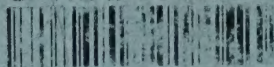
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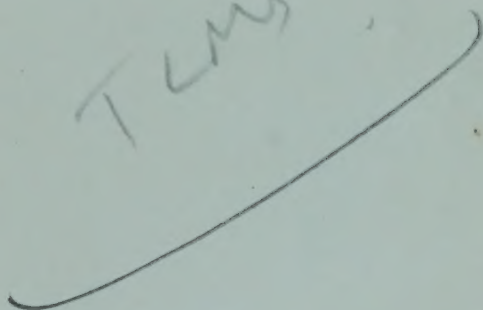


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GOOD JAMS

PRESERVES AND PICKLES

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GOOD JAMS
PRESERVES AND PICKLES

by
AMBROSE HEATH



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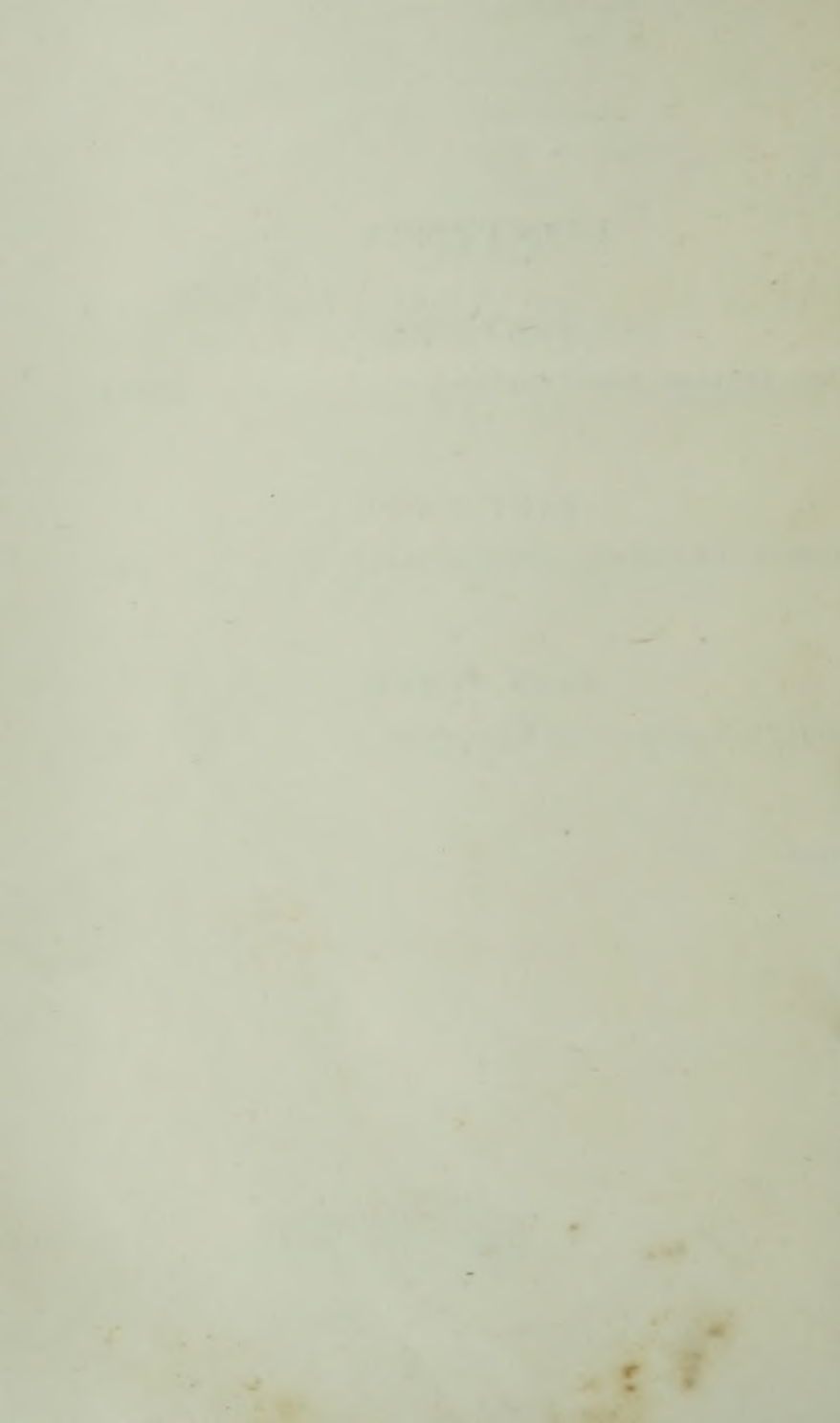
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PART ONE

JAMS, JELLIES AND PRESERVES

JAMS AND PRESERVES

APPLE AND BLACK CURRANT MARMALADE

Cook equal parts of black currants and apples separately, sieving when soft and mixing well together. Cook this pulp and the juice together until thick, then add an equal weight of sugar and cook on until the marmalade is thick enough.

APPLE AND MINT JAM

Cut apples in halves, without peeling or coring them, put them into a preserving-pan, and three-parts cover them with water. Simmer until soft and then rub through a sieve. For each pint of this pulp allow three-quarters of a pound of sugar, and put them both back into the preserving-pan with a large bunch of freshly-picked mint. Cook on in the usual way until the jam will set, when withdraw the mint and pot. Use like mint jelly with mutton, etc.

APPLE AND GREEN TOMATO CHEESE

4 lbs. green Cooking Apples: 2 lbs. green Tomatoes:
a handful of young Spinach leaves: about $\frac{1}{2}$ pint
Water: for each pound of the pulp $\frac{3}{4}$ lb. white Sugar.

Wash the apples and tomatoes and cut them into small sections. Cook them to a soft pulp with not more than half a pint of water and the spinach leaves tied in a bundle. Take out the spinach leaves, and rub the apples and tomatoes through a sieve. Weigh the pulp, mix it with the proper proportion of sugar, and boil for ten minutes, stirring carefully so that it does not catch on the bottom of the pan. Pour into hot jars, and cover when cold. Specially recommended with pork or duck.

APRICOT AND PINEAPPLE JAM

(Dried and Tinned Fruit)

2 lbs. dried Apricots: 1 large tin Pineapple slices:
5½ lbs. Sugar.

Quarter the apricots and soak them for two days in four pints of water. Now put them into the preserving-pan, and add the sugar and the pineapple cut in small pieces. Make the juice from the tin up to a scant pint by adding water, cook slowly to dissolve the sugar, and then rapidly for half an hour or so, when the jam should be ready to set.

APPLE MARMALADE

3 lbs. Apples: 2 ozs. Candied Peel: 1 Lemon: 4 lbs.
Sugar: 1 pint Water.

The apples should be weighed after peeling and coring, and then cut into small pieces. Put the apples, water, shredded candied peel, grated lemon rind and lemon juice into a preserving-pan and simmer until soft. Then add the sugar, stir to dissolve it, and cook on until the marmalade is thick.

APPLE-RUM

An old-fashioned recipe runs as follows: Take eight pounds of apples when peeled, and six pounds of white sugar. Make into a jam, boil the sugar first for five minutes into a syrup with one pint of cold water. Slice five pounds of apples, put into a large covered jar with one pound of castor sugar, and cook until soft in a cool oven, taking care the apples do not break. Boil the jam for half an hour, then add a good half-pint of rum and boil for another quarter of an hour. Just before putting the jam into pots, add the apples that have been cooked in the oven, and stir well. When quite cool, cover with papers that have been soaked in rum, and paste down tightly.

APRICOT, DRIED, AND COCO-NUT JAM

$\frac{1}{2}$ lb. dried Apricots: 1 Coconut: 1 Lemon: $1\frac{1}{2}$ lbs.
Sugar- 2 pints Water.

Crack the coco-nut, carefully keeping the milk, pare off the brown skin and put enough of the flesh through a mincing-machine to make ten ounces. Wash the apricots, and put them with the water and coco-nut milk to soak overnight. Then put the soaked apricots, the lemon juice and the minced coco-nut into a preserving-pan and simmer them until tender, which will take about an hour. Add the sugar, stir to dissolve it, bring to the boil and simmer for about twenty minutes. As soon as it sets, pot and cover at once.

BANANA AND ORANGE JAM

1 doz. Bananas: 6 Oranges: 2 Lemons: Sugar in proportion.

Peel the bananas, which should be large and firm, and cut them in slices. To each pound of these allow a pound of sugar, which you must put into a preserving-pan with the grated rind of three oranges and one lemon and the strained juice of all six oranges and the two lemons. Bring to the boil and boil for ten minutes, then add the bananas by degrees. Then boil until the jam will set, stirring nearly all the time.

BANANA JAM (INDIAN)

16 Bananas: 5 Lemons: 3 lbs. Sugar: a little dried Ginger.

Boil the sugar in water with the ginger for about ten minutes, then put in the grated rind and the juice of the lemons. Peel and mash the bananas, soak them in this syrup, and then boil all together for three-quarters of an hour. Take out the ginger before putting the jam into jars.

BANANA MARMALADE

4 Bananas: 2 breakfastcupfuls Sugar: 1 breakfastcupful Water: Fruit juice.

Boil the sugar and water until the syrup strings from the spoon. Then stir into it the crushed pulp of the bananas, and cook slowly, preferably in a double saucepan, until the jam is thick, which will take about a quarter of an hour. The American recipe adds: the addition of lemon, currant or other tart fruit juice relieves the intense sweetness but does not detract from the banana flavour.

BEETROOT JAM

6 large Beetroots: 6 Lemons: 4 lbs. Sugar: 3 Cloves: a small stick of Cinnamon: Vanilla Essence: 1½ pints Water.

Cut up the peeled beetroots, put them into the preserving-pan with the water, and simmer them for half an hour. Skim well, and add the sugar, the grated rind and strained juice of the lemons, the cloves and the cinnamon. Boil until the syrup is thick and then add a little vanilla essence.

BEETROOT JAM

6 lbs. Beetroot: 4 Lemons: ¼ lb. Almonds: 1 oz. ground Ginger: 6 lbs. Sugar.

Blanch the almonds and cut them lengthwise into quarters, or thinner strips if liked. Put these with the peeled and diced beetroot and the sliced lemons into a preserving-pan, and just cover with water. Boil until the beetroot is tender, then add the sugar and the ginger, stir to dissolve the sugar, and cook on until the jam is thick and ready.

BLACKBERRY JAM, SPICED

6 lbs. Blackberries: 2 lbs. moist Sugar: 1 teaspoonful each of ground Cloves and Cinnamon: 1 pint Vinegar.

Make a syrup with the vinegar, sugar and spices, and when it is boiling, add the blackberries, allow them to simmer for about a quarter of an hour, when the jam should be ready.

BLACK CURRANT CONSERVE

2 lbs. Black Currants: 3 ozs. shelled Walnuts: 1½ lbs. granulated Sugar.

Put the prepared currants into a basin and bruise them thoroughly with a wooden spoon. Put this pulp into a preserving-pan with the sugar, and boil it, stirring frequently, until the jam will set. A few minutes before it is ready, add the walnuts, peeled and roughly chopped.

BLACK CURRANT JELLY

(With Green Currants)

Pick the currants while they are still green and a few turning brown, remove the stalks and put them in to a preserving-pan just covered with water, boiling them to a pulp and then straining the juice through a jelly-bag. Boil this alone for five minutes or so and then add sugar in the proportion of a pound to a pint. Stir to dissolve it, and continue to boil, two or three minutes, until the jelly sets. Strange to say, the jelly turns out to be a bright pink colour.

CARROT AND BEETROOT JAM

Boil equal quantities of beetroot and carrots separately until they are tender, then pass them through a coarse sieve. To each pint of this purée, add twelve ounces of sugar and the

Jams and Preserves

juice of two lemons. Boil gently for half an hour and it should be ready. This jam will not keep very long, so that if it is intended for keeping, a small glass of brandy should be added for each pint of the jam before it is put into the pots.

CARROT JAM

Grate six good-sized carrots, cut up a dozen small or eight large lemons, and leave them in sixteen cupfuls of water all night. Then boil for an hour and a half, add eight pounds of sugar, stir to dissolve it, and boil again for another hour and a half.

CARROT MARMALADE

Cook six large carrots, scraped and finely cut up, in very little water until they are tender. Then add three oranges, thinly sliced, and the juice and rind of one lemon. Measure and add two-thirds of a cup of sugar to each cup of the mixture. Cook the marmalade in the usual way.

CHERRIES IN BRANDY

Take some fine Morella cherries, cut their stalks short, and put them into a glass jar with a stick of cinnamon, twelve cloves, a quarter of a pound of powdered sugar, and enough brandy to fill the jar quite full. Tie down and keep as long as you can resist them.

CHERRIES IN HONEY

Large and not quite ripe cherries are the best for this preserve, and you will want half their weight of honey and a quarter their weight of sugar. First stone the cherries, and put them in layers with the sugar in the preserving-pan, and leave them there all night. Then heat the honey to boiling point, pour it over the cherries, and simmer gently until they are tender.

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CHERRIES, WHITE, BRANDIED

Leave a small piece of stem in each, and put them into jars, covering them with brandy and leaving for two days. Now have ready a thick syrup: drain the brandy from the cherries, and mix with it an equal amount of boiling syrup. Strain this now over the cherries, cork the jars down and leave for twelve hours. Next day fill up any space with syrup until it reaches just below the corks, and seal down.

CHERRY AND GOOSEBERRY JAM

2 lbs. Cherries weighed after stoning: $\frac{1}{2}$ pint Gooseberry juice prepared as for Gooseberry Jelly: $1\frac{3}{4}$ lbs. Sugar.

Cook the cherries without any water until they are tender, then let them cool and take out the stones. Weigh them. Put the gooseberry juice into a preserving-pan with the sugar, stir to dissolve it, and bring to the boil. Add the cherries and continue to cook until the jam will set.

CHERRY AND LOGANBERRY JAM

2 lbs. Morella Cherries: 2 lbs. Loganberries: 4 lbs. Sugar: $\frac{1}{4}$ pint Water.

Put the fruit with the water into a preserving-pan and bring to the boil, simmering gently until it is tender. Add the sugar, stir to dissolve it, and boil from ten to twenty minutes until its sets. Then pot and cover at once.

Jams and Preserves

CHERRY CONSERVE

3 quarts stoned Cherries: 1 breakfastcupful seedless Raisins: the juice and grated rind of one Orange and one Lemon: 7 breakfastcupfuls of Sugar: 1 teacupful chopped shelled Walnuts.

Stew the cherries, and add the rind and fruit juices and the raisins with the sugar, and cook on until thick. At the last add the walnuts.

CHERRY JAM (1)

4 lbs. stalked Cherries: 3 lbs. Sugar: 1 tablespoonful Lemon Juice: 2 tablespoonfuls Orange juice.

Put a layer of sugar in the bottom of the preserving-pan and then a layer of cherries. Repeat these layers and then add the lemon and orange juices. Put the pan over a very low heat and when the sugar begins to melt, keep on shaking the pan so that it does not burn. As soon as the sugar is all dissolved boil fairly quickly, still shaking and not stirring so that the cherries remain whole. When the syrup sets, the jam is done and excellent it is.

CHERRY JAM (2)

Stone enough black cherries to give four pounds of fruit crack some of the stones and extract the kernels. Make a thick syrup with four pounds of preserving sugar and half a pint of water, add the fruit and the kernels, and boil slowly until the cherries are tender and the jam will set.

CHESTNUT JAM

This pleasant jam is generally eaten as a sweet, and a little goes a long way! The proportions are, for a pound of chestnut purée, three-quarters of a pound of sugar and an eighth of a pint of water. Boil the chestnuts until they are tender, then

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remove the shell and skin, and rub them while still warm through a sieve. Put sugar and water in the proportions given above into the preserving-pan with a piece of vanilla-pod, and boil until the syrup is well-flavoured. Then take out the pod, and put in the chestnut purée, stirring all the time over the heat until it becomes fairly thick. Then pour into small pots.

CIDER JELLY

This unusual jelly has to be made with some sort of commercial pectin, of which there are normally several brands on the market. Bring two pints of dry cider to the boil, and when it is boiling add three and a quarter pounds of sugar, stir to dissolve it, and then boil quickly for two minutes. Add the commercial pectin according to directions, and pot and cover at once.

CRANBERRY AND APPLE JAM

2 lbs. Cranberries: 2 lbs. peeled and cored Apples:
4 lbs. Sugar: a little Water.

Stew the peeled, cored and sliced apples with just enough water to keep them from burning, until they are a thick pulp, and in another pan cook the cranberries with the sugar until they burst, then mash them well with a wooden spoon. Combine the two fruits, and cook on until the jam sets.

CRANBERRY APPLES

See *Cranberry Pears* on page 18, using apples instead of pears.

CRANBERRY CONSERVE

1 quart Cranberries: $\frac{3}{4}$ lb. seedless Raisins: $\frac{1}{2}$ lb. shelled Walnuts: 1 Orange: $1\frac{1}{2}$ lbs. Sugar: $\frac{2}{3}$ breakfastcupful cold Water: $\frac{2}{3}$ breakfastcupful boiling Water.

Boil the cranberries in the cold water until they burst. Pass them through a sieve, and then add to them the raisins, the

Jams and Preserves

thinly sliced and then chopped orange less its pips, and the sugar, with the boiling water. Bring to the boil and simmer for twenty minutes. At the last add the walnuts, cut in small pieces.

CRANBERRY JAM

6 lbs. Cranberries: 6 lbs. Sugar: 1 pint Water.

Put the washed cranberries into a preserving-pan with the water, bring to the boil and cook gently until they are soft, stirring frequently. Add the sugar, stir to dissolve it, and then boil quickly for about ten minutes. When it sets, pot and cover at once.

CRANBERRY PEARS

3½ pints Cranberries: 5-6 lbs. medium-sized cooking Pears: 1 lb. 10 ozs. Sugar: a good 2½ pints Water.

Simmer the cranberries in the water until they are almost a pulp, then strain through a jelly-bag. Boil this juice gently with the sugar until it is quite clear, skimming it well. Now add the pears, peeled, halved lengthways and cored, and simmer them quietly until they are quite tender and the syrup looks clear. Take the pears out, and when cool, put them into jars which have preferably been first rinsed with brandy, if possible. Reduce the syrup by boiling a little longer, if necessary, then let it get quite cold, and pour it over the pears before sealing down.

CUCUMBER JAM

3 large ripe Cucumbers: 3 lbs. Sugar: 1½ ozs. Root Ginger.

Peel and slice the cucumbers, sprinkle them with the sugar and leave them for twenty-four hours. Then pour off all the liquid, and boil it with the ginger for three-quarters of an hour. Now add the cucumber slices and cook them for ten

Jams and Preserves

minutes; take them out, let the liquid cool and then pour it over the slices again. Next day boil the jam again for a quarter of an hour, and put it into pots.

DAMSON AND APPLE JELLY

3 lbs. Damsons: 6 lbs. Apples: Sugar in proportion:
2 quarts Water.

Slice the apples without peeling or coring them, and put them into a pan with the damsons, adding the water and simmering them until the fruit is well cooked and mashed. Strain through a jelly-bag; weigh the juice, put it into pan and bring it to the boil, boiling for five minutes, and then add an equal amount of sugar, let it dissolve and then boil briskly for eight to ten minutes. When it sets, pour the jelly into hot sterilized jars and cover immediately.

DAMSON AND MARROW JAM

2½ lbs. Damsons: 3 lbs. peeled and cut-up Marrow:
Sugar in proportion: ¼ pint Water.

Cook the damsons with the water for ten minutes, then add the marrow, cooking on until both are soft and mashed. Sieve and weigh the pulp. Add a pound of sugar for each pound of pulp, stir to dissolve it, and simmer for about ten minutes. Pot as soon as it sets and cover at once.

DATE JAM

1 lb. stoned Dates: 1 Lemon: ½ lb. Sugar: ½ pint
Water.

Chop up the dates or put them through the mincing-machine. Then simmer them with the water until they are tender, stirring frequently. Add the sugar, the grated lemon rind and the strained juice, and boil on until thick and smooth and the jam will set. Orange can be used instead of lemon, if preferred, and a little spice added perhaps.

ELDERFLOWER AND RHUBARB JAM

This is well worth making, for it has an elusive taste of Muscadine grapes about it. Peel and cut six pounds of rhubarb in pieces and put it into a large bowl. Put two large handfuls of fully opened elder-flowers, picked in the sun, in a muslin bag and press it down into the middle of the rhubarb so that it is covered, then sprinkle six pounds of sugar over it. Cover and leave for twelve hours, then stir it, cover again, and leave for another twelve hours. Now put it all into a preserving-pan, heat it up but do not boil, then put it back into the bowl for another twenty-four hours. Now take out the elder-flowers and add the grated rind and juice of two lemons, and boil up in the preserving-pan until the jam will set.

FIG AND APPLE JAM (SPICED)

2 lbs. fresh Figs: 3 Lemons: 6 lbs. Apples: 6 lbs.
Sugar: $\frac{1}{2}$ pint Water: $\frac{1}{8}$ teaspoonful each of Cinnamon,
Nutmeg and Cloves, all powdered.

Peel the apples, slice them with the figs, and put them both with the grated rind and juice of the lemons, the water and the spices into a pan, and cook very slowly, covered, until the fruit is soft. Then add the sugar, dissolve it, bring to the boil and boil hard for about a quarter of an hour. When it sets, pot and cover immediately.

FIG, GREEN, JAM

4 lbs. green Figs: 1 Lemon: $\frac{1}{4}$ lb. green Ginger:
1 small teaspoonful Salt: 3 lbs. Sugar: 8 breakfast-
cupfuls of Water.

Chop the lemon with the figs, and boil with the water for an hour. Then add the sugar, stir to dissolve, add the salt and ginger and boil softly for another hour. Then boil hard for

Jams and Preserves

a final half-hour, until the jam gets pretty thick, and remember to stir most of the time in case of burning.

FIG JAM

If this jam is made with dried figs, they must first be steamed until they are very soft. If with fresh ripe figs, all you need do is to put them into a double saucepan without any water with them, and heat them slowly through. Then add about three-quarters of their weight in sugar, and cook carefully until the jam is thick. It should be flavoured with lemon, though a pineapple flavouring is unusual and attractive.

FLOWER JELLY

This somewhat recondite jelly is made with various flowers according to your taste, for instance jasmine, violets, roses, and so on. It is made by taking some apple jelly liquor, and when the sugar is dissolved in it, adding the picked petals of the chosen flower in sufficient quantity to flavour. These jellies should be carefully strained through muslin before being put into pots.

GOOSEBERRY AND HONEY JAM

We owe this brief direction to Canada: Cook slowly three cups of green gooseberries and two cups of honey until the mixture jellies when placed on a cold dish. Bottle and seal.

GOOSEBERRY, GREEN, JELLY

For each pound of Gooseberries allow $\frac{3}{4}$ pint Water,
and to each pint of juice allow a lb. of Sugar.

Put the prepared gooseberries into a preserving-pan with the right proportion of water, and stew them until the berries are split. Strain the liquid through a jelly-bag, and measure it.

Jams and Preserves

Then boil it quickly for a quarter of an hour, add the sugar stir to dissolve it, and then boil on for about twenty minutes until the jelly will set, skimming as you do so.

GOOSEBERRY MINT JELLY

2 lbs. green Gooseberries: half a dozen good sprigs of fresh Mint: Sugar in proportion.

Put the gooseberries in the preserving-pan, nearly cover them with cold water and cook them to a soft pulp. Strain this through a sieve, pressing but not rubbing. Add a pound of sugar to each pint of this juice, and put it all into the preserving-pan with the mint tied in a muslin bag. Then boil gently until the jelly will set.

GRAPE BUTTER

Simmer the pulp of ripe or green grapes until it is tender, then rub it through a colander, add the skins and cook until tender. Then stir in half a pound of sugar for each pound of the fruit, and cook on until the jam sets.

GREENGAGES, BRANDIED

Put layers of full-sized but still hard greengages in your jars. Bottle with brandy to which you have added an ounce and a half of sugar to each pint.

HAWTHORN JELLY

When the hawthorn berries are ripe, pick them from their stalks, and weigh and wash them well. Put them into a saucepan and allow half a pint of water to each two pounds of the berries. Cook them until they are soft, mashing them with a wooden spoon. Then strain through a jelly-bag. The next day boil this juice with a pound of sugar to each pint.

HONEY MARMALADE

Boil your orange rinds until they are tender, then shred them finely. Remove the pith and pips, measure the pulp and to each pint allow a pound of honey and a half a pound of the prepared rinds. Simmer gently for about forty minutes, when it should be ready to pot.

JAPONICA JAM

I am not at all sure if I am on safe ground in giving this recipe without a word of warning, for I am not certain whether fruit of all flowering shrubs known popularly as Japonica are edible. But having made sure that the fruit that you have in mind is safe to eat, you can make a jam of it, by washing four pounds well and cutting into eighths, boiling these with seven pints of water until tender and then rubbing them through a sieve. To this pulp add an equal weight of sugar, stir to dissolve it, and then add a heaped teaspoonful of powdered cloves or other similar spice to your taste. Boil on for ten minutes or so, and as soon as it sets, pot and cover at once.

LEMON AND FIG MARMALADE

2 lbs. Figs: 6 Lemons: 5 lbs. Sugar: $4\frac{1}{2}$ pints Water.

Wash and cut the dried figs into very small pieces, and slice the lemons thinly. Put them both into a large bowl, cover them with the cold water and leave them for twenty-four hours. Then simmer them gently for an hour and a half, add the sugar, stir until it dissolves, and boil steadily until the marmalade sets.

LEMON MINCEMEAT

2 large Lemons: 1 lb. Sugar: $\frac{1}{2}$ lb. Currants: $\frac{1}{2}$ lb.
chopped seedless Raisins: $\frac{3}{4}$ lb. finely shredded Suet:
Cloves, Mace and Nutmeg to taste: some chopped
candied Peel and blanched Almonds: a glass or two
of Brandy.

Cut the lemons in halves, and squeeze and strain the juice. Boil the lemon skins in several waters, until they are soft enough to pound to a paste, then add the sugar and pound the two together. Mix in all the rest of the ingredients, adding the brandy last of all, and pot for use.

LIME AND GOOSEBERRY JAM

1 doz. Limes: 3 lbs. Gooseberries: 7 lbs. Sugar:
4 pints Water.

Mince the limes and top and tail the gooseberries, putting them both into the preserving-pan with the water, and boiling for an hour and a half, mashing up the fruit as it gets soft. Then add the sugar, dissolve it, and boil for about ten minutes. Pot and cover immediately it sets.

LIME MARMALADE

1 doz. Limes: $1\frac{1}{2}$ lbs. Sugar: 3 pints Water.

Peel the limes and shred the peel finely. Squeeze out the juice, remove the pips and shred the rest of the pulp finely, tying the pips up in a muslin bag. Now put all except the sugar into the preserving-pan, and boil gently for an hour. Then add the sugar, dissolve it slowly and boil for ten minutes, testing for setting. Pot and cover at once.

Jams and Preserves

LOGANBERRY JAM

2 lbs. Loganberries: 4 lbs. Sugar: 2 pints Water.

Boil the fruit with the water for about twenty minutes, then add the sugar, stir to dissolve it, and boil for about another half an hour, when the jam should set.

MEDLAR JAM

For each pound of Medlar purée, allow $\frac{3}{4}$ lb. of Sugar and Vanilla or Lemon flavouring.

When the medlars are ripe, take off the skins, cut the fruit in pieces and put them into a saucepan with just enough water to keep them from catching on the bottom. Cook them until they are quite soft, stirring all the time, then rub the fruit through a sieve. Weigh this purée and add sugar in proportion, with either a piece of vanilla pod or the grated rind and juice of lemon to flavour it. Stir to dissolve the sugar, and then cook on until the jam will set.

MINT JELLY (1)

1 pint Apple juice: fresh Mint: $\frac{3}{4}$ lb. Sugar: green colouring.

Put the apple-juice into a saucepan, and add to it a few stalks of fresh green mint. Tie these together for convenience. Boil the juice until well-flavoured with the mint, then take the stalks out, and add the sugar. Stir to dissolve it, and boil on until the jelly sets. Finish with the green colouring.

MINT JELLY (2)

6 lbs. green Apples: 4 Lemons: $2\frac{1}{4}$ lbs. Sugar: 1 gill ($\frac{1}{4}$ pint) white Vinegar: Mint: green colouring: 2 quarts Water.

Remove the stalks and blossom ends of the apples, and slice them thinly without peeling or coring them. Cook them to

Jams and Preserves

a soft pulp with the water, and strain through a jelly-bag. Boil the liquid for a quarter of an hour, then add the sugar and equal quantities of lemon juice and vinegar. Stir to dissolve the sugar, and boil for five to ten minutes. Put a good bunch of freshly picked mint into a muslin bag and let it infuse in the syrup until you have the right flavour, then colour with the green colouring.

MOCK GINGER

From a Victorian cookery book: Cut off the stalks of old bolted lettuces, peel off the strings and cut them in pieces and lay them in water. Then put them into a syrup of a pound of sugar to five pints of water and two tablespoonfuls of pounded ginger, boil for twenty minutes, and renew this several times in the same syrup, then drain the stalks on a sieve and wipe them. Have a thick syrup ready in which you have boiled a good deal of whole ginger, and pour it on the lettuce stalks boiling hot.

MOCK JAM

Grate or shred the rind from a large lemon, and mix this with the strained juice, half a pint of best treacle or golden syrup, and a well-beaten egg. Put the mixture into a saucepan and heat it through gently, stirring all the time. It is ready for use when cold, and is admirable in a roly-poly pudding. If it is potted and well covered down, it will keep for some time.

MULBERRY JAM (1)

To each breakfastcupful of ripe mulberries, hulled, allow half a pound of sugar and two breakfastcupfuls of water. Cook the mulberries with the water for half an hour, and then add the sugar, stir to dissolve it, and boil gently until the jam will set. A faint touch of lemon is liked by some.

Jams and Preserves

MULBERRY JAM (2)

4 lbs. Mulberries: 1 pint Rhubarb juice: 4 lbs. Sugar:
2 Lemons.

Take the stalks off the mulberries (which should be ripe) and put the fruit into a preserving-pan with the rhubarb juice and the grated rind and juice of the lemons. Stew until soft and clear, and then add the warmed sugar, and boil until the jam will set. This jam should be stirred frequently in case it burns.

MUSK MELON JAM

1 Musk Melon: 1 Lemon: 2 Apples: 1 tablespoonful preserved Ginger: a little ground Cloves: Water and Sugar in proportion.

Peel and quarter the melon, remove the seeds, and cut the flesh into small pieces. Weigh them and put them into a preserving-pan, barely covering them with cold water. Add the very thinly-sliced lemon, and cook gently until the melon is tender; then add the peeled, cored and chopped apples, the chopped ginger, the ground cloves and three-quarters of a pound of sugar to each pound of melon. Boil together until the jam sets.

ORANGE CURD

3 Oranges: 2 Eggs: $\frac{1}{4}$ lb. Butter or fresh Margarine:
 $\frac{3}{4}$ lb. lump Sugar.

Rub the sugar over the rind of one of the oranges, and put the sugar and the butter or margarine in a double saucepan. Stir until the sugar is melted, then add the beaten eggs and the strained juice of the three oranges, and cook until thick, stirring all the time. If potted like jam, this will keep for a good time.

PARSLEY JELLY

A Scots cookery book offers this recipe, stating that the Parsley Jelly 'resembles honey in taste'. Procure fresh parsley, wash it well, remove stalks and withered leaves. Put in a jelly pan, press it down gently and add water to within one inch of the top of the parsley. Add half a teaspoonful of alum and boil for half an hour. Strain through a jelly-bag (avoiding pressure) and to each breakfastcupful of the juice allow a pound of sugar. Boil for fifteen minutes more.

PEACH AND APPLE JELLY

Taking equal quantities of peaches and apples, wipe the peaches and cut them in pieces without stoning them. Cut up the apples without coring or peeling them. Put the fruit into a preserving-pan with water nearly to cover them, and cook slowly until soft, stirring frequently. Then drain through a jelly-bag, measure the juice and add one pound of sugar to each pint of the juice. Boil until the syrup jellies.

PEACH AND RASPBERRY JAM

2 lbs. Raspberries: 2 lb. stoned Peaches: 4 lbs. Sugar:
 $\frac{1}{4}$ pint Water.

When imported peaches are plentiful and cheap, this delightful jam should be tried. Skin and stone the peaches, and weigh two pounds of them, and cut them into small pieces and put them into the preserving-pan with the raspberries and water. Cook gently until the peaches are tender, then add the peach kernels and the sugar, dissolve and boil for about a quarter of an hour.

PEACH, DRIED, CONSERVE

1 lb. dried Peaches: 1 breakfastcupful seedless Raisins: $\frac{1}{2}$ lb. shelled Walnuts: the juice of a Lemon and of an Orange: 1 whole Orange: 1 pound Sugar: 1 quart Water.

Soak the peaches overnight in the water, then add the raisins cut in pieces, the lemon and orange juice, the whole orange, less its pips, cut in thin slices, and the sugar. Bring to the boil, and simmer for an hour and a quarter, stirring now and then. At the last, add the walnuts cut up small.

PEACH JAM

1 lb. Peaches, after peeling and stoning: $\frac{3}{4}$ lb. Sugar: a little Water.

I have always found the imported Italian peaches admirable for this jam; in their season they were (and no doubt will be) plentiful and comparatively cheap. They should not be too ripe, and they should be peeled, halved, stoned and then cut into shreds with a silver or stainless steel knife. Put them with the sugar into a preserving-pan, adding just enough water to prevent them from burning, and cook them, stirring all the time, until they are well done and the jam will set. A few kernels from the cracked nuts may be added a little while before the jam is done, if liked, but in my opinion they are better omitted.

PEACH JAM (DRIED PEACHES)

This bears no comparison to fresh peach jam, but it is nevertheless often worth making. To one pound of dried peaches allow two lemons, two oranges and sugar and water as given in the following recipe. Put the washed peaches with the grated rind of the oranges and lemons into a bowl with enough

Jams and Preserves

cold water to cover them, and leave them there all night. Then put the contents of the bowl into a preserving-pan, and let them simmer until they are quite soft. Rub them through a sieve, measure this pulp and to each pint of it, add three quarters of a pound of sugar, and boil in the usual way.

PEACHES IN BRANDY

The peaches should not be too ripe, and you must first blanch them in boiling water to remove their skins. Having done this, throw them at once as you skin them into fresh cold water. Take them out of that and put them into clarified sugar and boil them up once, leaving them in the sugar so that they may soak it up as they cool. Then drain them on a sieve while you boil the sugar until it will stick to your finger. Repeat this process three times, and then put the peaches in bottles, and fill them up with a half-and-half mixture of brandy and the syrup in which the peaches were boiled.

PEAR HONEY

4 breakfastcupfuls diced dessert Pears: 1 pint tin
sliced Pineapple: 4 breakfastcupfuls Sugar.

Peel, quarter and core the pears, and then cut each quarter crosswise in slices. Measure these to make the four breakfastcupfuls. Put them into the preserving-pan, sprinkle them with the sugar and leave them for twenty minutes. Drain the pineapple slices from their syrup and cut them into wedge-shaped pieces. Heat the pears and sugar until you have a syrup, then boil this gently until the mixture is quite thick, which will take about twenty minutes. Stir now and then at first more often later, to prevent burning. When the mixture is thick, add the pieces of pineapple, but not the syrup from the tin. Heat again just to boiling point, but do not boil. Then pot.

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PEAR JAM

6½ lbs. Pears: 4½ lbs. Sugar: ½ lb. preserved Ginger:
1 pint Water.

Peel, core and cut up the pears, cover them with the sugar and leave them all night. Next day add the water and the finely chopped ginger, and simmer together until the jam is clear and red.

PEAR JAM (DRIED PEARS)

See *Peach Jam (Dried Peaches)* on page 29, using dried pears instead of peaches. Add a little chopped ginger, if you wish.

PINEAPPLE JAM (FRESH)

3 lbs. shredded fresh Pineapple: 3 lbs. Sugar: juice of
a Lemon: ¾ pint Water.

The pineapple is of course freed from skin and core before being shredded. Put it into a preserving-pan, and add the water and lemon juice. Simmer slowly until the pineapple is tender and the water has evaporated, which will take about three-quarters of an hour or so. Add the sugar, dissolve it, and then boil the jam for about ten minutes until it sets. Pot and cover at once.

PINEAPPLE JELLY

A Victorian cookery book gives the following enticing recipe: Boil two dozen of the best common apples as for apple jelly; pass them through a jelly-bag, and to every two quarts of juice add the juice of a fine pineapple, which you extract by cutting it into slices and laying for two days in fine sugar; add this to the apple-juice, clarify, and boil three pints of syrup to the crack; boil the refuse of the pineapple and the juice ten minutes; pass through a jelly-bag, and pot.

PINEAPPLE MARMALADE

1 large tin Pineapple: 1 lb. Apples weighed after peeling and coring: 1½ lbs. Sugar.

Cut the pineapple in small pieces, and simmer these with syrup from the tin and three-quarters of a pound of the sugar until they are tender. Meanwhile cook the thinly-sliced apples until tender, add them to the pineapple with another ½ pound of sugar, making a pound and a quarter in all, stir, dissolve the sugar, and cook quickly until the marmalade is thick and will set.

PLUM AND MARROW JAM

2 lbs. Marrow: 1 lb. Plums: 2 lbs. Sugar.

Peel the marrow and cut the flesh into small cubes; sprinkle it with sugar and leave for an hour. Put the rest of the sugar into a preserving-pan with the plums and the marrow, and simmer slowly until the marrow is tender and the jam will set.

PLUM CONSERVE (FOR MEAT)

Stone the plums—damsons are best—and to each pound add a teacupful of sugar, and half an ounce each of cinnamon and cloves, these spices to be tied in a muslin bag. Cook until thick and the conserve will set.

PRUNE CONSERVE

1 lb. Prunes: 1 breakfastcupful Sugar: 1 doz. Cloves: 2 blades Mace: a small piece of Cinnamon stick: a breakfastcupful and a half of Vinegar.

Just cover the prunes with water and soak them all night. Then put them and their water and the rest of the ingredients into a preserving-pan (the spices to be tied in a little bag) bring to the boil and simmer for about two hours, when the prunes will be soft. Take out the spices, and bottle.

PRUNE MARMALADE

6 large cooking Apples: $2\frac{1}{2}$ lbs. Prunes: 1 lb. Sugar:
the juice of 2 Lemons.

Soak and stew the prunes, and put them with the peeled apples, the lemon juice and the sugar into a preserving-pan, adding just enough water to prevent the mixture from burning. Cook and stir until all is tender, then rub through a coarse sieve, cook a little longer and the marmalade is ready.

PUMPKIN JAM

1 lb. Pumpkin, peeled, cut in pieces and with the seeds removed: 1 Lemon: $\frac{1}{2}$ oz. whole Ginger: $\frac{3}{4}$ lb. Sugar.

Cut the prepared pumpkin into small strips and put them in a bowl in layers with the sugar, adding the grated lemon rind and strained juice, and the ginger crushed and tied in a muslin bag. Leave with a cover on for twenty-four hours, then turn into a preserving-pan and cook until thick. This jam should be stirred frequently while it is cooking to prevent the pumpkin from catching on the bottom of the pan.

QUINCE AND ORANGE MARMALADE

$3\frac{1}{2}$ lbs. Quinces: 4 Oranges: $4\frac{1}{2}$ lbs. Sugar: 3 pints
Water.

Wash, peel and core the quinces, and put the skins and cores into a saucepan with the water. Boil them until tender and then strain the juice through muslin. Put this juice into a preserving-pan with the quinces finely chopped and the rind of two of the oranges also finely chopped, and cook slowly until the quinces are tender. Then add the warmed sugar and the strained juice of all four oranges, stir till the sugar is dissolved, and boil all together until the marmalade sets.

QUINCE HONEY

5 large Quinces: 5 lbs. Sugar: 1 pint boiling Water.
Peel and grate the quinces. Heat the water and sugar to solve it, add the quince and cook for a quarter of an hour to twenty minutes. It should look like honey when cold.

QUINCE MARMALADE

Slice some unpeeled quinces, and stew them until tender enough water barely to cover them. Pass through a sieve, cook again until thick, with a pound and a quarter of sugar to each pound of the quince pulp.

Apples and quinces, half and half, may be used, in which one pound of sugar for each pound of pulp will be enough. Equal parts of quinces and crab-apples, or figs, dates or peaches, or apple are other mixtures, or the plain quince marmalade may be flavoured with ginger or with lemon, using the grated rind and juice of one lemon for each pint of the pulp.

RASPBERRY AND APPLE JAM

2 lbs. Apples: 2 lbs. Raspberries: 3 lbs. Sugar: $\frac{1}{2}$ pint Water.

Peel, core and slice the apples thinly. Put them, the sugar and the raspberries into a preserving-pan, and simmer slowly until well mashed. Then add the raspberries, and simmer on until the jam sets.

RHUBARB AND APRICOT JAM

4 lbs. Rhubarb: 1 lb. dried Apricots: 6 lbs. Sugar: 3 pints Water.

Soak the apricots in the water for twenty-four hours, stew them in the same water until they are tender. Add

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rhubarb cut in very small pieces, as well as the sugar, and boil on until the jam sets.

RHUBARB AND CANDIED PEEL JAM

4 lbs. Rhubarb: $\frac{1}{2}$ lb. mixed candied peel: 4 lbs. Sugar.

Slice the unpeeled rhubarb lengthwise, and cut the sticks into pieces about the size of a large pea. Put these in layers with the chopped mixed peel and the sugar in a preserving-pan, and leave until the next day. Then strain off the juice, and boil it for a quarter of an hour. Pour this over the fruit, putting the lid back quickly on the pan to keep the steam inside. Leave again until the next day, and then boil rapidly until the jam will set, which it should do in about half an hour.

RHUBARB AND DATE JAM

3 lbs. Rhubarb: 1 lb. Dates: 3 lbs. Sugar.

Cut the rhubarb into inch lengths, and stone and chop the dates. Put them into a preserving-pan with the sugar, and cook, for about an hour, until the jam sets.

RHUBARB CONSERVE

3 lbs. Rhubarb: 6 oz. candied Lemon peel: 6 ozs.
preserved Ginger: 3 lbs. Sugar: $\frac{3}{4}$ teacupful Water.

The rhubarb, which should be red and firm, must first be cut into inch-long pieces, and these spread out on a large dish for three days to dry in a warm place. Then put the sugar, chopped peel and ginger and the water into a preserving-pan, bring it to the boil, and boil, stirring, for five minutes. Now put in the dried rhubarb, bring to the boil and boil quietly for about half an hour, stirring as little as you may, so as to keep the rhubarb whole.

RHUBARB JELLY

3 lbs. Rhubarb: 1½ lbs. green Apples: 3 Lemons:
3 pints Water: Sugar in proportion.

Cut up the rhubarb and apples into small pieces, and put them into a preserving-pan with the water and the grated rinds and juice of the lemons, and cook and mash until you have a thickish pulp. Strain this through a jelly-bag, and add an equal amount of sugar, i.e. cup for cup, but first boiling the sugar alone for five minutes. Then add the sugar, stir to dissolve it, and boil until the jelly sets.

ROSE-HIP JAM

Cut the tops off ripe rose-hips, split them open and remove the seeds and hairs with a pen-knife. This is a troublesome job, but if you like rose-hip jam, there is nothing else to do. Put these prepared hips into a saucepan with enough water barely to cover them and cook them slowly until they are tender. Then rub them through a sieve, weigh the pulp, and to each pound of it add three-quarters to a pound of sugar. Boil until the jam sets.

ROSE-HIP PRESERVE

Pare off the outside rind of the rose-hips, press them down into an enamel saucepan, and just cover them with water. Simmer them until they are soft enough to be rubbed easily through a sieve, and then to each pound of the pulp add three-quarters of a pound of sugar and two ounces of finely minced preserved ginger. Boil until the preserve sets.

ROSE-PETAL JAM

1 lb. Rose-Petals (of Cabbage Roses): 1 lb. white Sugar: 1 dessertspoonful Orange Flower Water: a little Rose Water.

Make a syrup of the sugar and as little rose water as possible, then scald the rose-petals (which have been dried in a shady place) in boiling water for a moment. Drain them and dry them, and add them to the syrup with the orange flower water. Boil until the jam will set, and cool before pouring into the pots.

ROSE-PETAL JAM

The following instructions are given in a volume called *The Oriental Cook Book*, and are quoted in the late Florence White's *Flowers as Food*.

1 lb. red Rose leaves: 1 quart Water: 7 lbs. Sugar:
1 tablespoonful Lemon juice.

Soak the rose-leaves in water, and cover them with a damp cloth for twenty minutes or longer. When the leaves have given out their colour sufficiently, strain and keep one-third of the water separate from the other two-thirds. Then in a suitable vessel place the sugar and the strained rose-leaves, alternately adding over the one-half part of the last portion of the rose-water, and press well, but carefully with your hand without much injury to the leaves. The mixture should then be left in this condition for twenty-four hours, when the other half portion of the two-thirds of the rose-water should be added, and the whole boiled until half-cooked, when little by little the first one-third portion of the rose-water must be placed in the boiling mixture. The preserve is considered done when it gets cream thick; at that point the juice of the lemon should be mixed in and when sufficiently cool the preserve may be put into proper jars.

ROWAN AND APPLE JELLY

3 lbs. Rowan berries, less their stalks: 7 lbs. Apples, weighed after being quartered and cored, but not peeled: 7 lbs. Sugar: the juice of 2 Lemons: 7 pints Water.

Many people find that Rowan Jelly made with rowans alone is a bit too tart: this may be more acceptable to them. Boil the fruit and the water together until quite soft, then strain through a jelly-bag. Boil this juice for twenty minutes, then add the sugar, stir to dissolve it, and bring to the boil again, adding the lemon juice. Another ten minutes' boiling should finish it.

ROWAN JELLY

Stalk, wash and drain the ripe rowan (mountain ash) berries and put them into a preserving-pan with enough water to float them well. Simmer for about three-quarters of an hour until the water gets red and the berries begin to burst, then strain off the juice, but do not press the berries. Measure the juice and add two breakfastcupfuls of lump sugar to each pint. Boil quickly, skimming well, until it sets.

SLOE AND BLACKBERRY CHEESE

Equal quantities of blackberries and ripe sloes with a pound of sugar for every pound of fruit. Dissolve the sugar with the fruit, bring to the boil and boil quickly for about three-quarters of an hour, skimming well. Then rub through a wire sieve, and pot.

STRAWBERRIES WHOLE

Another Victorian recipe. Take two quarts of clarified syrup, boil to a strong blow, put eight pounds of fine large strawberries in it, and boil them up gently, taking care they

not break. Repeat this boiling three times, letting them stand a quarter of an hour to cool between each boiling. Now add two quarts of apple jelly made in the usual way; boil it up three times more, and put it into hot glasses or pots.

TANGERINE MARMALADE

1 doz. Tangerines: 4 large Oranges: 4 Lemons: Sugar in proportion.

Slice the tangerines very thinly, and add the orange and lemon pulp and juice only. Moisten with three parts of water to one part of this mixture, bring it to the boil, and boil steadily for an hour. Then add an equal weight of sugar, stir to dissolve it, bring to the boil and boil until the marmalade sets.

TOMATO JAM

Skin the tomatoes, and remove the seeds. Then weigh them. Take the same weight of sugar and dissolve it in very little water, bring it to the boil, skim it, and boil for a few minutes. Then add the tomatoes, and cook for two hours, stirring now and then. Half an hour before the end of the cooking, put in a vanilla pod.

TUTTI FRUTTI FOR TARTS

This queer title hides a delicious mixture. Take equal parts of stoned cherries, raspberries, red and black currants and large ripe gooseberries, and allow a pound of sugar to each pound of the mixed fruit. Mash the currants, strain off all the juice and dissolve in it the requisite amount of sugar. Add the rest of the fruit, and boil quickly until the liquid will set in a jelly. Then bottle for future use.

WALNUTS IN HONEY

This queer Russian preserve is said to be a great favourite of Marshal Stalin. Crack two pounds of walnuts, and divide

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each in halves. Skin them, which you can do more easily by first blanching them like almonds if you like. Now melt a pound of honey with half a pint of water, and bring it slowly to the boil. Drop the walnuts into this syrup, and simmer them until they are soft. In Russia they are eaten in the same way as we eat preserved ginger.

WHITE CURRANT AND RAISIN JAM

Wash, drain, seed and chop two pounds of Muscatel raisins. Put them into a preserving-pan with three quarts of white currant juice in which you have first dissolved three pounds of sugar. Mix well, bring slowly to the boil, and skim and stir until the jam is thick and smooth.

WHITE CURRANT JELLY

Take the best ripe white currants, and bruise them well in a dish, and as they are done, put them into a jelly-bag to drain, leaving them there all night. Allow nearly one pint of water to four pounds of sugar, and boil it up nearly to sugar candy, then add a pint of the currant juice for each pound of sugar used, and boil for three or four minutes. If you like a slight Muscat flavour, boil with the syrup some Elder flowers tied in muslin, a head of these flowers, picked in the sun and taken from their stalks to each pint of the juice.

WHORTLEBERRY JAM

$3\frac{1}{2}$ lbs. Whortleberries: 3 lbs. Sugar: $\frac{1}{4}$ oz. Tartaric Acid: $\frac{1}{4}$ pint Water.

Stew the fruit with the water and tartaric acid until it is thick and tender, then add the sugar, stir to dissolve it, and simmer until it sets. You must not expect it to set very firmly, but it has a deliciously evanescent flavour.

WILD ROSE JAM

Sort out half a pound of good sound dog-rose petals, put them into boiling water, boil them well and then pour them on to a sieve to drain. Now dry the petals on a clean cloth and lay them in a dish, sprinkling them with half a pound of fine sugar. Now make a syrup with a pound and a half of sugar and a teacupful of water, and when it is thick, add the juice of half a lemon and the rose petals with their sugar. Bring just up to the boil, pour into a porcelain bowl, and when cool, add one drop of attar of roses. Mix well and put into jars.

WILD STRAWBERRY JAM

Few people are lucky enough to be able to get wild strawberries large enough in size or numbers for jam making, but in case of this delightful need, here is a recipe. Hull the berries, which should be both sound and dry, and spread them out on large dishes. Sprinkle them with sugar, using a pound of sugar to a pound of strawberries, and leave them all night. Then put them with their juice and the sugar into a preserving-pan, and bring to the boil, shaking the pan now and again to prevent them from burning and refraining from stirring because you do not want to mash the fruit. Skim and simmer for a quarter of an hour, then drain off the syrup from the fruit, and boil it quickly for half an hour. Then pour it back over the strawberries, and boil on for another five minutes.

PART TWO
PICKLES, CHUTNEYS AND
VINEGARS

PICKLES, CHUTNEYS AND VINEGARS

APPLE AND BANANA CHUTNEY

2 lbs. Apples: 1 doz. Bananas: $\frac{3}{4}$ lb. Onions: $\frac{1}{2}$ lb.
Raisins: 2 oz. Salt: 1 level teaspoonful each of Cinna-
mon and ground Ginger: 1 oz. Curry Powder: $\frac{1}{2}$ oz.
Cayenne Pepper: 1 pint Vinegar.

Chop up finely the onions and the peeled and cored apples, cut the raisins in halves and the skinned bananas into rings. Add the salt, sugar and spices to the vinegar, bring to the boil and then add the fruit, and simmer gently for a couple of hours, stirring pretty often in case the bananas burn, or until the chutney is thick and the fruit tender. Then bottle while hot, and seal tightly.

APPLE AND DATE CHUTNEY

1 lb. Apples: 2 lbs. Dates: $\frac{1}{2}$ lb. Sultanas: 1 lb. Onions:
1 lb. Treacle: 2 tablespoonfuls of Sugar: 4 oz. Salt:
1 saltspoonful Cayenne Pepper: $2\frac{1}{2}$ pints Vinegar.

Put the peeled and cored apples, the stoned dates, the onions and sultanas through the mincing-machine. Add the treacle, sugar, salt and spices to the vinegar, bring to the boil, add the fruit, and simmer until the chutney is thick, which should take about three-quarters of an hour. Bottle whilst hot.

APPLE AND ONION PICKLE (1)

$\frac{3}{4}$ lb. sharp Apples: 2 ozs. Sultanas: $\frac{3}{4}$ lb. Onions:
 $1\frac{1}{2}$ ozs. Chillies: 9 Cloves: 9 Peppercorns: $1\frac{1}{2}$ tea-
spoonfuls Salt: $\frac{3}{4}$ pint Vinegar.

Add the salt to the vinegar, add the spices in a little bag, and leave them there for half an hour. Then bring to the boil,

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and simmer for ten minutes. Pack the finely chopped apples and onions with the sultanas in hot dry jars, then pour over the boiling vinegar and seal down.

APPLE AND ONION PICKLE (2)

1 lb. sour Apples: 1 lb. Spanish Onions: 1 tablespoonful Salt: 1 dessertspoonful Peppercorns: a few dried Chillies: 1 teaspoonful whole Allspice, a little Ginger and Cinnamon: 1½ pints Vinegar.

Chop the peeled and cored apples, slice the onions thinly and pack them in layers in your jars with a few dried chillies between. Boil the vinegar with the salt, peppercorns and spices, let it simmer for a few minutes, then leave it to cool and pour it over the apple and onion, which should be covered to the depth of an inch. Cover tightly and keep the cool.

APPLE AND TOMATO CHUTNEY

3 lbs. Apples: 3 lbs. Tomatoes: 1 lb. Onions: 1 lb. Sugar: ½ oz. white Peppercorns: 1 oz. ground Ginger: 2 ozs. Salt: 1 quart Vinegar.

Slice the peeled and cored apples and the tomatoes thinly, chop the onions finely, and put them into a bowl with the vinegar. Leave for twenty-four hours, then add the salt, sugar and spices, bring to the boil, and simmer until the fruit is tender, that is, for half an hour or so. Bottle whilst hot, and close tightly.

APPLES, PICKLED

6 lbs. cooking Apples: 10 Shallots: 1 dozen each Cloves and Peppercorns: ¾ lb. Sugar: ¾ oz. each of Turmeric, ground Ginger and Mustard: Salt: 3 pints Vinegar.

Peel, core and slice the apples, and put them in layers in a bowl, sprinkling each layer with salt. Leave them for twenty

four hours, and then drain them thoroughly. Mix the turmeric and mustard to a smooth paste with a little cold vinegar, and put the rest of the vinegar into a pan with the sugar, the other spices and the shallots. Bring to the boil, and stir in the turmeric mixture. Boil for ten minutes, then add the apples and cook them until they are tender but still whole: about a quarter of an hour will be enough for this. Then pot and tie down in the usual way.

ASPARAGUS, PICKLED

It seems hardly likely that one would want to pickle asparagus, but those who have a surplus from their own beds may like to try this recipe. Cut large heads down to the end of the green part, put them into a standard brine (page 53), and simmer them for five minutes. Now drain them and pack them in layers in jars, so that the heads in each layer face different ways, cover them with plain vinegar which has been brought just to the boil, and leave them for a week. Then pour off the vinegar, and cover them with boiling spiced vinegar (page 49). Close tightly, and keep for a fortnight before using.

BANANA CHUTNEY

Put a pound of chopped Spanish onions, half a pound of chopped stoned dates and half a dozen bananas put through the potato-ricer into a preserving-pan with a breakfastcupful and a half of vinegar, and simmer for twenty minutes. Add a quarter of a pound of chopped crystallized ginger, a teaspoonful each of salt and curry powder, half a pound of seedless raisins and two breakfastcupfuls of syrup from any tinned fruit. Cook until thick.

BANANAS, PICKLED

1 doz. Bananas: 1 lb. brown Sugar: $1\frac{1}{2}$ teaspoonfuls
each of powdered Mace and Cinnamon: $\frac{3}{4}$ teaspoonful
powdered Cloves: $\frac{3}{4}$ pint Vinegar.

Boil the sugar with the vinegar and the spices tied in a cloth for a quarter of an hour, then put in the bananas, peeled and cut in quarter-inch thick slices and cook them until tender. Then drain them into jars, strain the vinegar syrup and pour it over them.

BEETROOT AND HORSERADISH PICKLE

Peel and grate three large cooked beetroots and two stalks of horseradish, mix both together with sugar to taste, and pour over as much vinegar as the mixture will absorb. Tie in a cloth and put in a pot and cover.

BEETROOT AND RED CABBAGE CHUTNEY

2 lbs. shredded red Cabbage: 2 lbs. uncooked Beet-
roots: $\frac{1}{2}$ lb. Onions: $\frac{1}{4}$ lb. Salt: 1 lb. Sugar: 2 ozs.
Peppercorns: 2 ozs. Mustard Seed: 1 quart Vinegar.

Chop the cabbage up finely, put the onion through a mincing-machine, and peel and cut the beetroots into small dice. Put the salt, sugar and spices into the vinegar, bring it to the boil, and then add the vegetables, and simmer gently until they are quite tender. Put into bottles while hot, and seal closely.

BISHOPTON CHUTNEY

2lbs. Apples: 1 lb. Raisins: $\frac{1}{4}$ lb. Garlic: 1 lb. Sugar:
1 teaspoonful Salt: $\frac{1}{2}$ teaspoonful ground Ginger:
Pepper to taste: 1 pint Vinegar.

A North Country recipe. Weigh the apples, after peeling and coring: slice the garlic and cut the raisins in halves, remove

the pips, if any. Put these into a preserving-pan with the sugar and vinegar, and simmer gently until smooth and thick. Then add the salt, ginger and pepper, stir well up, and pack into jars.

BLACKBERRIES, PICKLED

4½ lbs. Blackberries: ¾ lb. lump Sugar: 1½ lbs. granulated Sugar: 12 cloves: a two-inch stick of Cinnamon: a small piece of whole Ginger: 1¼ pints Vinegar.

Tie the spices in a muslin bag and boil them with the vinegar for twenty minutes, keeping the lid on the pan. In another pan, cook the blackberries with the lump sugar, and when it is dissolved, bring to the boil, and add the spiced vinegar and the spice-bag and the granulated sugar. Stir again to dissolve the sugar, then simmer gently for about twenty minutes, being careful to keep the fruit as whole as possible. Take out the berries with a strainer, and put them into jars, then reduce the syrup slightly, take out the spice-bag, and pour the vinegar over the berries.

BLACKBERRY KETCHUP

Cook four pounds of ripe blackberries slowly, for two hours, with two pounds of brown (preferably Demerara) sugar, two breakfastcupfuls of vinegar, a dessertspoonful each of cloves and cinnamon, and a teaspoonful of allspice. When quite soft, put into jars and seal down.

BLACK CURRANT CHUTNEY

1 lb. Black Currants picked from the stalks: 1 lb. moist brown Sugar: ¼ lb. chopped seedless Raisins: 1 oz. crushed Mustard Seed: 1 oz. chopped Onion: ½ oz. ground Ginger: 2 ozs. Salt: about ½ pint Vinegar.

Cover the currants with vinegar, and cook them gently until they are tender. Let them cool, then mix in all the other

Pickles, Chutneys and Vinegars

ingredients. Stir well together, boil up for about ten minutes and bottle and cover tightly when cold.

CABBAGE AND BEETROOT RELISH

1 quart shredded Cabbage: 1 quart chopped Beetroot:
2 tablespoonfuls chopped Onion: 1 teacupful grated
horseradish: $\frac{1}{4}$ to $\frac{1}{2}$ lb. brown Sugar: Salt and Pepper:
1 pint brown Vinegar.

Put all the vegetables into a mixing-bowl and mix them well together. Boil the sugar with the vinegar, and when boiling add the vegetables, and cook quietly for half an hour or so until the relish is thick and clear. Season to taste before potting.

CARROTS, PICKLED

Scrape some good red carrots, cut them in slices, cook them until tender and then drain them well. Put them into enough boiling spiced vinegar (page 49) to cover them and boil them for ten minutes longer. Pour the pickle into your jars, adding a few celery leaves or a little celery seed to each, if you like. See that the carrots are well covered with vinegar, and seal down.

CELERY AND TOMATO RELISH

1 pint chopped Celery: 2 dozen ripe Tomatoes: 4 red or green Sweet Peppers (Pimientos): 1 or 2 Chilli peppers: 3 or 4 Onions: $\frac{1}{2}$ to $\frac{3}{4}$ lb. Sugar: Spices and Salt to taste: 1 pint brown Vinegar.

Mix together the chopped celery with the chopped tomato, peppers and onions. Dissolve the sugar in the vinegar with a bag of mixed spices, and when it has dissolved, add the vegetables, bring to the boil, and cook slowly for a couple of hours, seasoning with salt to taste. Take out the spice-bag and close down.

CELERY PICKLE

5 large heads of Celery: 3 lbs. Tomatoes: 1 lb. Sugar:
2 tablespoonfuls Salt: 1 teaspoonful each of Allspice,
Cinnamon, Cloves, Mustard seed and Celery seed:
 $\frac{3}{4}$ pint Vinegar.

Wash the celery, remove the leaves and chop up the white part. Skin and quarter the tomatoes, mix them with the celery and all the other ingredients and boil them very slowly for about an hour and a half. Then put into jars and seal down whilst hot.

CELERY VINEGAR

1 pint Vinegar: 1 oz. Celery seed or $\frac{1}{2}$ lb. finely chopped fresh Celery: 1 teaspoonful Salt: a pinch of Sugar.

Crush the celery seed, if used, and put it or the finely chopped fresh celery into a jar. Boil the vinegar with the salt and sugar, pour it into the jar when it has cooled, cover tightly and keep in a warm place for three weeks. Then strain, re-bottle and cork down.

CHERRIES, PICKLED (1)

Leave an inch of stem on each cherry, and put them in layers into preserving-jars, with a thick layer of icing sugar between each. When the jars are three-quarters full, fill them up with cold spiced vinegar (page 49), and seal down. Alternatively, little bags of spices may be placed among the cherries and plain vinegar poured over. But the first way is the better.

CHERRIES, PICKLED (2)

2 lbs. Cherries: 1 lb. Sugar: $\frac{1}{2}$ pint Vinegar.

Pack the cherries in the jars, dissolve the sugar in the vinegar, and pour it boiling hot over the cherries. Spiced vinegar (page 49) may be used instead of plain, if desired.

Pickles, Chutneys and Vinegars

CHILLI VINEGAR

Cut some small dried chillies in halves, and quarter-fill your bottles with them. Bring some cider or white wine vinegar to the boil, and when it has cooled, fill the bottles up. Cork closely and store.

CHOW-CHOW

An American cookery book gives these directions: Cut in pieces half a peck of green tomatoes, two large cabbages, fifteen onions and twenty-five cucumbers. Mix them together and pack them in layers with salt; let them stand for twelve hours, then drain off the brine and cover them with vinegar and water and let them stand another twelve hours. Drain off the vinegar and cover them with one and a half gallons of scalding-hot vinegar which has been boiled a few minutes with one pint of grated horseradish, one half-pound of mustard seed, one ounce of celery seed, a half cupful of ground pepper, one half cupful of turmeric, one half cupful of cinnamon and four pounds of sugar. Let them stand until perfectly cold, then add one cupful of salad oil and one half pound of ground mustard. Mix them all together and place in jars. Lavish quantities, but they can be proportionately reduced.

CRAB-APPLES, PICKLED

Firm crab-apples, all the same size, should be chosen. Do not peel them, but just cut out the blossom end. Prick their skin in several places. Make a spiced syrup of sugar and vinegar, put in the crab-apples, and cook them gently until they are tender. Then pack them in jars, and pour the boiling syrup over them.

CUCUMBER VINEGAR

Slice up as many cucumbers as you wish, skin and all, into wide-mouthed jar, add two or three shallots and just enough

vinegar to cover the slices. Add also, for each quart of vinegar, a clove of garlic, a teaspoonful of white pepper, and a teaspoonful of salt. Leave for twelve hours or so, and then strain off the vinegar into small bottles and cork them tightly.

CUCUMBERS AND ONIONS

2 lbs. Cucumbers: 1 lb. Onions: 1½ pints spiced Vinegar (p. 49): Salt: plain Vinegar.

Slice and cut the cucumbers into small triangles, and slice the onions thinly. Mix them together in a bowl and cover them with salt, using a quarter of a pound for every two pounds of the mixed vegetables. Leave for twenty-four hours, then drain them well. Pack into jars, cover them with unsalted vinegar for twenty-four hours, then drain this off and give them a final covering of the spiced vinegar. Keep two weeks before using.

CURRANTS, SPICED

7 lbs. Currants: 5 lbs. brown Sugar: 2 level table-spoonfuls each of Cinnamon and Cloves: 1 pint Vinegar.

Pick over, wash, drain and remove the stems from the currants. Put them into the preserving-pan with the sugar and vinegar and the spices tied in a muslin bag. Bring to the boil, and cook slowly for an hour and a half.

DAMSONS, PICKLED

6 lbs. Damsons: 1 stick Cinnamon: ½ teaspoonful whole Allspice: 3 blades Mace: 3 lbs. Sugar: 1 pint Vinegar.

Boil the vinegar with the spices, and pour this over the damsons which have been stalked and pricked freely. Leave them thus for twenty-four hours, then add the sugar and boil all together for three minutes. Bottle and cover down.

DATES, PICKLED

3 lbs. Dates: $\frac{3}{4}$ lb. brown Sugar: Salt: $1\frac{1}{2}$ ozs. mixed
Pickle Spices: $2\frac{1}{4}$ pints Vinegar.

Make a syrup with the vinegar, sugar, salt and spices.
Stone the dates and cut them in halves, packing them in
jar or jars. Pour the hot syrup over them and leave it to grow
cold. Tie down and do not open for three months.

DILL PICKLES

Two seventeenth century recipes for dill pickles:

Dill and Collyflower Pickle

Boil the Collyflowers until they fall to pieces; then with some
of the stalk and the worst of the flower boil it in a part
the liquor till pretty strong. Then being taken off, strain
and when settled, clean it from the bottom. Then with D
gross pepper, a pretty quantity of salt, when cold, add as mu
vinegar as will make it sharp, and pour all upon the Col
flower.

To Pickle Cucumbers in Dill

Gather the tops of the ripest dill and cover the bottom of t
vessel, and lay a layer of Cucumbers, and another of D
until you have filled the vessel within a handful of the t
Then take as much water as you think will fill the vessel, a
mix it with salt and a quarter of a pound of allom to a gall
of water and poure it on them and press them down with
stone on them and keep them covered close. For that us
think the water will be best boyl'd and cold, which will ke
longer sweet, or if you like not this pickle, doe it with wat
salt and white wine vinegar, or (if you please) pour the wa
with salt upon them scalding hot which will make them rea
to use sooner.

DRIED FRUIT CHUTNEY

$\frac{1}{2}$ lb. each of dried Apples, Peaches and Apricots:
 $\frac{1}{2}$ lb. stoned Dates: $\frac{1}{2}$ lb. seedless Raisins: 2 or 3 cloves
of Garlic: 1 lb. Sugar: 1 tablespoonful mixed Spices:
1 tablespoonful Salt: Cayenne Pepper: 3 teacupfuls
Vinegar.

Soak the dried fruit overnight in water, then drain them, cut them in pieces, and stew them until soft in some of the water from their soaking, cooking the apples rather longer than the others. Put the dates and raisins through the mincing-machine, and add them with the finely chopped garlic and the other ingredients to the fruit, and cook for about half an hour longer, when the chutney should be thick and soft. Be careful over stirring, as the mixture is liable to catch on the bottom of the pan.

EGGS, PICKLED

16 hard-boiled Eggs: $\frac{1}{2}$ oz. each black Peppercorns,
whole Ginger and Allspice: 1 quart Vinegar.

Put the shelled eggs into wide-mouthed jars; boil the spices with the vinegar for ten minutes, and pour it boiling over the eggs. Cover closely when cold.

ELDERBERRY CHUTNEY

2 lbs. stalked Elderberries: $\frac{1}{4}$ lb. seedless Raisins: $\frac{1}{4}$ lb.
chopped Onion: 3 ozs. brown Sugar: 1 teaspoonful
Mustard: $\frac{1}{2}$ teaspoonful each powdered Ginger and
Cinnamon: a little grated Nutmeg: Salt: Cayenne
Pepper: $\frac{1}{2}$ pint plain Vinegar: $\frac{1}{4}$ pint Chilli Vinegar.

Put the elderberries into the preserving-pan with the two vinegars, and mash them to a pulp. Add the onions and raisins, first put through the mincing-machine, the sugar and the spices. Simmer all together until thick, then season to taste with the salt and Cayenne pepper. Pour into pots, and cover when cold.

ELDERFLOWER VINEGAR

Fill a bottle with elder-flowers, and pour over them as much vinegar as it will hold. Leave for a fortnight, and then strain into smaller bottles.

FIG, DRIED, PICKLE

1 lb. dried Figs: $\frac{1}{2}$ pint Vinegar: 1 lb. brown Sugar:
1 dessertspoonful each of ground Cloves and Cinnamon: 1 teaspoonful each of ground Mace and Allspice.

Just cover the figs with cold water and leave them to soak all night. Then drain them. Boil the sugar with the vinegar until it is a thick syrup, and then add the spices. Simmer for a minute or two, and then add the figs and cook them very gently for an hour.

FIG, GREEN, CHUTNEY

3 lbs. green Figs: 6 ozs. Raisins: 6 ozs. Dates: 1 lb. Onions: $\frac{1}{4}$ lb. preserved Ginger: $\frac{1}{2}$ teaspoonful Cayenne Pepper: 1 teaspoonful Salt: $\frac{3}{4}$ lb. brown Sugar: 1 quart Vinegar.

Cut the figs in round slices, and dice the dates and ginger. Boil the vinegar with the sugar, pour it over all the rest of the ingredients mixed together, and leave all night. Next day boil for about three hours, when the chutney will be thick and dark.

FIGS, PICKLED

The figs should be fully swollen but barely ripe, and when picked the stems should be left on them. Put them into a fairly strong brine (page 53) and leave them overnight. Then rinse them well in cold water, drain them, pack them closely in jars, and pour over them hot spiced vinegar (page 49).

FRENCH BEANS, PICKLED

Pick them when they are young, and lay them in a strong brine (page 53) until they get yellow. Then drain off the brine, pour boiling vinegar over them, and keep them closely covered for twenty-four hours. Do this for four or five days running, and they will turn green. The vinegar may be spiced with cloves, mace and pepper.

FRUIT, DRIED, PICKLED (INDIAN)

Wash and dry equal quantities of dried fruits, such as prunes, apricots, peaches, dates, etc. Stone the dates, and stew all gently for about a quarter of an hour. Slice all the fruit thinly, and put the pieces well mixed into bottles, adding to each a few peppercorns, some bits of cinnamon stick, a little salt and a few slices of ginger. Pour over them a quart of vinegar which you have boiled with a quarter of a pound of white sugar, adding a little more if necessary to cover the fruit. Cover tightly, and leave for at least a month before using.

GARLIC VINEGAR

Skin two ounces of garlic cloves and chop them up finely, putting the garlic and its juice into a quart bottle of vinegar with a little salt. Cork and leave for a fortnight, shaking the bottle now and then. Then strain and re-bottle. Some like to add a few cloves.

GOOSEBERRY CHUTNEY

3 lbs. Gooseberries: $\frac{1}{2}$ lb. seedless Raisins: 4 Onions:
 $1\frac{3}{4}$ lbs. brown Sugar: $\frac{1}{4}$ oz. crushed Mustard Seed:
 $\frac{1}{2}$ teaspoonful Cayenne Pepper: $\frac{1}{4}$ teaspoonful Tur-
meric: 2 tablespoonfuls Salt: $1\frac{1}{2}$ pints Vinegar.

Put all the ingredients into a preserving-pan, add the vinegar, bring to the boil slowly and cook gently for two hours, when

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the gooseberries should be well pulped. If the vinegar shows signs of boiling away, add a little more. Pour into warm jars and seal down at once.

GRAPE CHUTNEY

Put a quart of seeded full-sized but unripened grapes into a preserving-pan with a pound and a half of peeled, cored and sliced cooking apples. Add an ounce *each* of garlic, ground horseradish, ginger, mustard, four ounces of salt, a spoonful of cayenne pepper, a breakfastcupful of stone raisins and a pint of vinegar. Simmer gently until the chutney is thick, then mash it smoothly and add half a pint of brown sugar. Leave it in an earthenware bowl for a week, and stir it each day.

GRAPEFRUIT CHUTNEY

Peel and remove the pith and pips from as many grapefruits as will give you six pounds of the pulp, and simmer this with a quart of vinegar, an ounce of crushed cloves and five pounds of white sugar until it is quite soft. Put a pound of seedless raisins and a quarter of a pound of shelled Brazil nuts through the mincing-machine, and stir these into the grapefruit mixture. Stir now and then while the mixture cools, then tie down in jars. It will keep for as long as you like.

HERB VINEGAR

A French recipe. Put into a glazed earthenware jar two handfuls of tarragon, one of chervil and mustard and cress mixed together, one clove of garlic, and one small red or green sweet pepper. Pour over this three bottles of red or white wine vinegar, cover the jar and leave to infuse for ten days. Then strain off and re-bottle.

HORSERADISH VINEGAR

Put three to six freshly scraped horseradish roots into a quart of vinegar, adding a little cayenne pepper, black pepper and celery seed. Cork tightly and let it infuse for ten days, then strain and re-bottle.

JAM CHUTNEY

If a chutney is wanted in a hurry, this simple recipe can be used. Put any jam such as black currant, plum or damson, into a bowl and mix with it vinegar, salt, red pepper, sultanas, blanched, sliced and pounded almonds and a little powdered garlic, if liked. Stir well together, and bottle without boiling.

JERUSALEM ARTICHOKEs, PICKLED

Young newly-dug artichokes should be used, washed and peeled and thrown as peeled into acidulated water to preserve their whiteness, then put into boiling salted water and cooked for a few minutes, without, however, letting them get soft. Drain, and leave them to cool. Make some spiced vinegar and pour it boiling hot over the artichokes which you have meanwhile packed into their jars. Cover and leave for twenty-four hours, then pour off the vinegar, boil it up again and pour it once more over the artichokes, adding a little mustard seed and grated horseradish to each jar. This pickle will be ready for use in a few days, and will keep for several weeks.

LEMON CHUTNEY

1 lb. Lemons: 4 medium-sized Onions: 1 lb. Sugar:
4 ozs. Raisins: 4 ozs. Sultanas: 1 oz. Chillies: 2 ozs.
Salt: 1½ pints Vinegar.

Squeeze the juice from the lemons, remove the pips from the fruit and pass skin and pith through the mincing-machine.

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Chop the onions and dried fruit finely, and cut the chill into as small pieces as possible. Then mix all together, and leave for a few hours. Then simmer them until thick, boil while hot, cover tightly, and keep for a month before using.

LEMONS, PICKLED (1)

Take some small lemons of the same size, peel them very thinly, and place them in a jar with layers of salt between them. Leave them for a week or ten days, or until they are quite soft. Then put them into a jar with mixed pickling spices tied in muslin (a tablespoonful of spice for a quart of vinegar) and pour over enough boiling vinegar to cover them completely. When cold, tie down tightly, and leave for two or three weeks, when they will be brownish and semi-transparent and the vinegar will have thickened. They are then ready to eat.

LEMONS, PICKLED (2)

The following interesting recipe is taken from an American book on fruits published at the beginning of the century. Quarter the lemons, cutting not quite through rind at bottom (so that the quarters will remain attached) and place in each one a teaspoonful of salt. Put them in the sun or near a stove where they will get a steady but slow moderate heat. Leave them until they look black and dried, then place them in the jars in which they will be sealed. Pour over them boiling vinegar to which has been added spice to taste, including a little chopped onion, white mustard seed, ginger, cloves, nutmeg and cinnamon. As pickled lemons will swell to three times original size in the vinegar, more of the latter must be added than for the usual pickle. These should be put up a twelve month before using.

LIME CHUTNEY (INDIAN)

25 fresh Limes: 6 ozs. green Ginger: 2 ozs. Garlic:
4 ozs. dried Chillies: Sugar and Salt to taste: $\frac{1}{2}$ pint
Vinegar.

Slice the limes thinly and remove the pips. Skin the ginger and cut it into thin slices also. Chop up the garlic and pound the chillies. Season the mixed ingredients with salt and sugar, mix them with the vinegar and bottle them.

MARROW, PICKLED

Cut a large marrow into small square pieces, and put them into an earthenware jar alternately with layers of salt. Cover the jar and leave all night, then pour off what liquid there is, and to each pound of the marrow cubes add half a pint of vinegar. Now add an ounce of mustard, half a pound of sugar, an ounce of ground ginger, six chopped chillies, one shallot, two cloves and an ounce of turmeric. Boil all together for half an hour.

MELONS, SPICED

Cut the pieces of peeled melon to the size preferred, weigh them and put them into an earthenware jar. Pour over enough cold vinegar to cover them and leave them all night. Then drain the vinegar off, and for every seven pounds of the melon make a syrup of three pounds of sugar, a teaspoonful each of allspice and cloves, a little grated nutmeg and a few bits of cinnamon stick. After the syrup begins to simmer, boil it for several minutes, and then pour it boiling over the melon. Then cover and leave overnight. Repeat this process twice, the last time simmering the melon in the syrup until it is tender and transparent, though still firm.

MINT CHUTNEY (INDIAN)

Wash a quarter of a pound of fresh green mint leaves, and pound them in a mortar. Add a small sliced onion also pounded, then add salt to taste, a teaspoonful each of black and red pepper, and a little lemon or, if possible, tamarind. Pound well again to mix all together, sprinkling on a little water, if the chutney looks too dry. It is ready when it is a thick paste.

MINT PICKLE

1 lb. Apples: $\frac{1}{2}$ lb. Tomatoes: 6 small Onions: $1\frac{1}{2}$ ozs. Sultanas: 2 teacupfuls Sugar: 2 teaspoonfuls each dried Mustard and Salt: a piece of Cinnamon stick: 1 teaspoonful Peppercorns: 1 teacupful fresh Mint leaves well pressed down: 1 blade Mace: $\frac{3}{4}$ pint Vinegar.

Boil the vinegar with the condiments and spices and the sugar for half an hour, very gently, then strain it and add to it the quartered tomatoes, the sliced apple, onions and sultanas, and simmer for ten minutes. Let the pickle get cold, then put the fruit and onions in pickle jars, sprinkling the chopped mint freely between the layers. Then cover with the spiced vinegar, and leave for a month after corking down before you use this very pleasant pickle.

MINT VINEGAR

Pick the young fresh mint leaves from the stalks, crush and chop them slightly and put them into a wide-mouthed bottle. Pour in as much cold vinegar as the bottle will hold, cork down tightly, and leave for a month or more, shaking the bottle now and then. Then strain through muslin, re-bottle and cork securely.

MOCK INDIAN BAMBOO

An authority on curious pickles offers us the following: Cut the young shoots of elder which shoot out about the beginning or middle of May. The middle part of the stalk is best to use; the tops are not so good. Peel off the outer skin, and soak the shoots in strong brine overnight. Then drain and dry the pieces one by one in a soft cloth. Next prepare a pickle in the following proportions: 1 quart of malt vinegar, $\frac{1}{2}$ oz. white peppercorns, a few allspice, 1 oz. crushed ginger, and a small blade of mace. Bring these to the boil and simmer a few minutes. Put the elder shoots into a pickle-jar, and pour the vinegar boiling hot over them. Cover closely and put the jar beside the fire for twenty-four hours, stirring often. Then leave until cold, and if not green, strain off the vinegar, reboil, pour over the shoots again, and keep hot as before.

MOCK OLIVES

Very small green plums, gathered before the stones have formed, make a passable imitation olive when prepared in this way. Make a brine with a quart of water and a quarter of a pound of salt, pour this over the plums and leave them for three days. Then drain and dry the plums, pack them in jars, and cover them with strained cold spiced vinegar made by boiling a quart of vinegar with a little allspice, mace, mustard seed, two bay leaves, an onion, grated horseradish and salt for a few minutes. Cover tightly, and keep in a dry dark place for three months before using.

MUSHROOMS, PICKLED

1 lb. young Mushrooms: $\frac{3}{4}$ Onion, chopped: 1 teaspoonful ground Ginger: 1 teaspoonful Salt: 2 blades Mace: $\frac{1}{2}$ teaspoonful white Pepper: Vinegar.

Take the stalks off the mushrooms and wash them in salt water. Then peel them and put them into a pan with enough

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vinegar to cover them, adding the rest of the ingredients. Cook slowly until the mushrooms shrink, then take them out and pack them in bottles, pouring the hot vinegar over them. Cover and tie down when cold.

MUSTARD CABBAGE PICKLE

1 firm Cabbage: 2 Spanish Onions: 3 or 4 green Sweet Peppers: 2 tablespoonfuls Salt: $\frac{1}{4}$ teaspoonful each of Mace, Allspice and Pepper: $\frac{1}{2}$ teacupful Mustard: 1 tablespoonful Turmeric: Cayenne Pepper: 1 quart brown Vinegar.

Wash and drain the cabbage, removing outside and damaged leaves and hard bits of stalk, and cut it into fine shreds. Trim off the tops of the peppers, take out the seeds, and slice them and the onions very thinly. Put the vegetables into a jar in alternate layers, sprinkling them with the salt and spices. Pour the vinegar over them, and if there is not enough to cover them, add a little more. Leave for a week with a lid on and stir now and then. Then drain off the vinegar, bring it to the boil, and add the mustard and turmeric mixed to a smooth paste with a little cold vinegar. Boil together for a quarter of an hour, then add the cabbage, and bring it once more to boiling point. Keep for a week before using.

NASTURTIUM SEEDS, PICKLED

(Imitation Capers)

The seeds should be gathered within a week of the blossoms falling off or they will be too large. Put a gallon of them into brine and leave them there for three days, changing the brine each day. Drain them and dry them in a cloth, then put them into jars in layers with a few tarragon leaves and grated horseradish between them. Boil half a gallon of white wine vinegar with two sliced shallots, two ounces of salt,

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ounce of white peppercorns and half an ounce each of mace and nutmeg. Ten minutes will do, then let it cool. When it is quite cold, strain it over the nasturtium seeds and cover them closely.

ORANGE SLICES, SPICED

1 doz. large seedless Oranges: $3\frac{1}{2}$ lbs. Sugar: 1 table-spoonful whole Cloves: 2 sticks of Cinnamon: 1 pint Vinegar.

Cut the oranges into quarter-inch thick slices, and simmer these in enough water to cover them until they are tender, which will take about an hour and a half. Boil the vinegar with the sugar and spices for five minutes, then add the orange slices to it, about half of them at a time, and cook them in the vinegar, covered, for about half an hour, removing them when they are clear. Cover them all with the syrup when they are done, and leave them until next morning. Then drain them, and cook the syrup on until it is thick. Add the slices again, bring just to boiling point, and transfer them and the syrup to your jars.

PARSLEY, PICKLED GREEN

Mrs. Raffald, whose cookery book, *The English House-Keeper*, is dated 1769, has this curious recipe. Take a large quantity of curled Parsley, make a strong Salt and Water to bear an Egg, put in your Parsley, let it stand a Week, then take it out to drain, make a fresh Salt and Water as before, let it stand another Week, put it in Spring Water, and change it every Day for three Days, then scald it in hard Water till it becomes Green, take it out and drain it quite dry, boil a Quart of distilled Vinegar a few Minutes, with two or three Blades of Mace, a Nutmeg sliced, and a Shalot or two; when it is quite cold, pour it on your Parsley, with two or three Slices of Horse-radish, and keep it for Use.

PEACHES, DRIED, SPICED

2 lbs. dried Peaches: 4 lbs. Sugar: 3 quarts spiced Vinegar.

Cover the peaches with the vinegar and leave them to stand for forty-eight hours. If they absorb too much vinegar, add a little more. Then pour off the vinegar, add the sugar to bring it to the boil, put back the peaches, and simmer them until they are tender. Pack them into warm jars, reduce the liquid to a medium syrup, pour it over them whilst still hot and close down at once. Keep at least a week before using.

PEACHES, PICKLED (SWEET)

$\frac{1}{2}$ peck Peaches: 2 lbs. brown Sugar: 1 oz. Cinnamon stick: Cloves: 1 pint Vinegar.

Boil the vinegar with the sugar and cinnamon for two minutes. Dip the peaches in hot water, and rub off the down with a towel, and then stick each with four cloves. Put them in the syrup and cook them until soft, using half the peaches at a time. Pack them in jars, and pour the syrup over them.

PEARS, PICKLED

2 lbs. Pears: $\frac{3}{4}$ lb. Sugar: 1 doz. Cloves: a piece of Cinnamon stick: 1 pint Vinegar.

Boil the vinegar with the sugar and spices for ten minutes and then add the pears, peeled, cored and cut in halves. Simmer them gently until they are soft but whole, then take them out and put them into jars. Thicken the vinegar slightly by rapid boiling, let it get cold, and then pour it over the pears.

PHILADELPHIA RELISH

3 lbs. green Tomatoes: 6 Cucumbers: $1\frac{1}{2}$ lbs. Onions:
3 heads Celery: 1 small Cabbage: 2 small Cauli-
flowers: $\frac{1}{2}$ oz. each Peppercorns and Cloves: 1 oz.
Mustard Seed: $\frac{1}{2}$ lb. Sugar: $\frac{1}{2}$ lb. Salt: $\frac{1}{2}$ gallon
Vinegar.

Use the white part only of the celery, and pass this with the other vegetables through the coarse cutter of the mincing-machine. Arrange the mixed vegetables in layers with the salt in a large bowl, sprinkling about two tablespoonfuls of salt over each layer. Leave for twenty-four hours, then mix well together, drain and squeeze out all the water. Heat the vinegar with the sugar and spices, put in the vegetables, and bring all to boiling point. Then pack the relish into jars and seal them down.

PINEAPPLE (TINNED) CHUTNEY

1 tin grated Pineapples: 2 sweet red peppers (Pimientos): 2 small Onions: 1 clove of Garlic: $\frac{1}{4}$ lb. seedless Raisins: $\frac{1}{4}$ lb. brown Sugar: 1 desertspoonful made Mustard: 1 teaspoonful mixed Spice: 2 Lemons: Pepper, Salt and $\frac{1}{2}$ pint brown Vinegar.

Remove the seeds from the peppers and cut them into shreds; chop the raisins coarsely and the onions and garlic finely. Put them all into the preserving-pan with the pineapple and vinegar, adding the grated rind and strained juice of the lemons, and the other ingredients, seasoning with salt and pepper to taste. Stir until boiling, then simmer until cooked and thick, about three-quarters of an hour to an hour. Keep a week before using.

PLUM AND APPLE CHUTNEY

2 lbs. Plums: $\frac{1}{2}$ lb. Apples, chopped: $\frac{1}{4}$ lb. grated Carrot: $\frac{1}{2}$ lb. seedless Raisins: 2 or 3 medium-sized Onions: $\frac{1}{2}$ to 1 lb. brown Sugar: 2 ozs. Salt: Cayenne Pepper and dried Chillies: $\frac{1}{2}$ teaspoonful each of ground Ginger and Cinnamon: $\frac{1}{4}$ teaspoonful each of ground Cloves and Allspice: 1 pint Vinegar.

Mince the raisins and onions, and put them with the stone plums, the apple and carrot into a preserving-pan with the vinegar. Simmer until they are tender, then add the salt, sugar and spices and go on cooking until the chutney is thick and soft, stirring nearly all the time. A little finely chopped garlic may also be added, if liked.

PLUMS, PICKLED

Take some hard, unripe plums, wash them and dry them well, prick them all over, pack them in jars, and pour boiling spiced vinegar over them repeating the process three times.

PRUNES, SPICED

2 lbs. dried Prunes: $\frac{1}{2}$ lb. Sugar: 1 quart spiced Vinegar.

Soak the prunes in the vinegar until they are well swollen, then take them out, add the sugar to the vinegar and bring it to the boil. Add the prunes and simmer them until they are tender; then pack them into jars and pour the hot syrup over them. Close whilst hot.

QUINCE CHUTNEY

3 lbs. Quinces: $\frac{3}{4}$ lb. seedless Raisins: 2 medium-sized Onions: 2 cloves of Garlic: $1\frac{1}{2}$ pints brown Vinegar: 1 lb. brown Sugar: 1 dessertspoonful Salt: 1 teaspoonful mixed Spice: 1 teaspoonful Mustard Flour: Cayenne Pepper.

Peel, core and slice the quinces with a silver or stainless steel knife, and stew them to a pulp with the vinegar. Then add the raisins and onions both put through a mincing-machine the garlic very finely chopped, and the rest of the ingredients, and simmer slowly for two or three hours until the chutney is thick and the quinces well-cooked. Then pour into jars and cover.

RHUBARB, SPICED

3 lbs. Rhubarb: 2 lbs. Sugar: 1 pint spiced Vinegar and a little extra Clove, Cinnamon and Ginger.

Simmer the rhubarb, cut in inch-long pieces, with the vinegar, sugar and extra spices until it is transparent. Then take it out, and boil the liquid down to a thick syrup, so thick that when cold it will be almost a jelly. Bottle and seal whilst hot, and keep for a few days before using.

SALAD VINEGAR

Three ounces each of tarragon, herb savoury, chives, shallots and a handful of the tops of mint and balm, all dried and pounded together. Put these herbs into a wide-mouthed jar with a gallon of the best vinegar, cork it tightly and keep it in the sun or a warm place for a fortnight. Then strain it with pressure, leave for a day or two to settle, and filter into bottles.

SOUP-HERB VINEGAR

Half ounce each of lemon thyme, winter savory, sweet marjoram and basil, with 2 drachms of lemon peel and shallots, 1 drachm of celery seed, infused for ten days in a pint of the best vinegar.

SWEDE CHUTNEY

4 lbs. Swedes: 1 lb. Shallots: $\frac{3}{4}$ lb. Sugar: a small tablespoonful of Turmeric: 3 pints spiced Vinegar.

Pare and cut up the swedes, and put them through the cutter of the mincing-machine. Sprinkle them well with salt and leave them until the next day. Drain off the liquid, add the finely minced shallots to the swedes, with the sugar and the vinegar. Boil together for about an hour, and just before finishing, add the turmeric. Pot and leave until cold before covering.

SWEET CORN RELISH (AMERICAN)

$7\frac{1}{2}$ breakfastcupfuls of Sweet Corn cut from the cob:
 $7\frac{1}{2}$ breakfastcupfuls chopped Cabbage: 1 red and 1 green Sweet Pepper, finely chopped: 1 breakfastcupful brown Sugar: 1 tablespoonful Salt: $\frac{1}{2}$ teacupful dry mustard: 1 dessertspoonful Flour: $1\frac{1}{2}$ pints Vinegar.

Mix the vegetables together. Put the sugar into the preserving pan and add the salt, dry mustard and flour. Mix together well, and gradually stir in the vinegar. Heat to boiling, stirring to keep it smooth, and then add the vegetables. Bring to the boil again, and boil for twenty minutes, stirring now and then.

SWEET PICKLE

Hard pears or plums or melon peel may be used for this, but if the last, then slice off the hard outside rind first. First boil the chosen fruit in water until it is tender, then drain it well. For two pounds of the fruit, boil together a pint and a half of white vinegar, two pounds of sugar and three cloves for a quarter of an hour, then add the fruit, and boil for another quarter of an hour. Pour into jars and keep for six months before using.

SWEET RED PEPPERS, PICKLED (1)

The sweet red peppers (pimientos) should be just turning red, and they must be slit up the side and the seeds removed. Put them into jars. For each quart of vinegar used, allow a teaspoonful of salt and half a teaspoonful of equal quantities of mace and nutmeg mixed together. When the pimientos are in the jars, sprinkle them with a little of the salt and spices, then pour the vinegar boiling over them, and when they are cold, seal them down.

SWEET RED PEPPERS (PIMIENTOS), PICKLED (2)

Get some fresh and bright-red sweet peppers (pimientos or capsicums) and let them lie all night in brine (page 53). Drain them, rinse them in fresh water, dry them, take out all the seeds, and cut them in fine shreds. Put into a preserving-pan enough vinegar to cover the peppers, with half that amount of sugar, adding a small spice-bag if you wish. Make a syrup of this, add the prepared peppers, and cook them until they are tender, which should take about ten minutes. Then take them out with a skimmer, put them into a hot jar or jars,

reduce the syrup slightly and pour it boiling over the pepper. A little finely chopped onion or garlic may be added to the pickle if liked.

TURNIP CHUTNEY

2 lbs. Turnips: 1 lb. Apples: 1 lb. Onions: $\frac{1}{2}$ lb. Sul-
tanias: $\frac{1}{2}$ lb. moist Sugar: $\frac{1}{2}$ oz. Turmeric: 2 ozs. Salt:
1 teaspoonful Mustard: $\frac{1}{4}$ teaspoonful Pepper: 1 quart
Vinegar.

Pare and cut up the turnips and boil them until soft, drain them and mash them to a purée. Chop the apples and onions finely, and mix the turmeric and mustard powders smoothly with a little vinegar. Then put all the ingredients into a preserving-pan, and boil them for an hour, stirring now and then. Pot and wait until cold before covering.

TOMATO CHUTNEY (INDIAN)

4 lbs. ripe Tomatoes: 4 lbs. Sugar: 1 lb. green Ginger:
2 lbs. Raisins: 2 ozs. Garlic: 1 oz. red Pepper: 1 lb.
Salt: 1 quart Vinegar.

Put the tomatoes in a pan into the oven, and when the skins split, peel and core them. Then boil them in about half the vinegar for a quarter of an hour or so. Pound the ginger, garlic and raisins with a little vinegar to make a thick paste, and boil the sugar with the rest of the vinegar to make a thick syrup. Mix all together, adding the salt and pepper, and cook until the chutney is thick.

TOMATO PICKLE, SWEET

3 $\frac{1}{2}$ lbs. firm ripe Tomatoes: 4 lbs. Sugar: 1 oz. of
ground Mace and Cummin mixed: 1 oz. ground
Cloves: a tablespoonful of Salt: 1 quart Vinegar.

Dip each tomato in boiling water to skin it, then cut up the ripe ones, and slice the firm ones. Add the sugar, spices and

Pickles, Chutneys and Vinegars

salt, and boil together for an hour in an enamelled pan. Let it get cold, and leave until the next day. Then add a quart of vinegar and bottle and tie down.

TOMATOES, GREEN, PICKLED (SWEDISH)

3½ pints small green Tomatoes: 2 teacupfuls of Vinegar: 5 teacupfuls of water. For the pickles: 2 lbs. Sugar: a bare teacupful Vinegar: 4 teacupfuls Water: 10 Cloves: a quarter of a Chilli.

Prick the tomatoes all over with a silver fork, boil the water with the vinegar and pour it over the tomatoes. Leave them for twenty-four hours. Now boil the second lot of vinegar and water with the sugar, cloves and chilli until it is a clear syrup. Put the drained tomatoes into this, and simmer them until tender but not broken. Take them out and put them into jars, and if the syrup is not thick enough, boil it a little longer before pouring it over the tomatoes.

VIOLET VINEGAR

Fill a wide-mouthed bottle with violet-petals, and then top up with best distilled vinegar. Cork tightly, and keep in the sun or a warm room for a month. Then strain into small bottles.

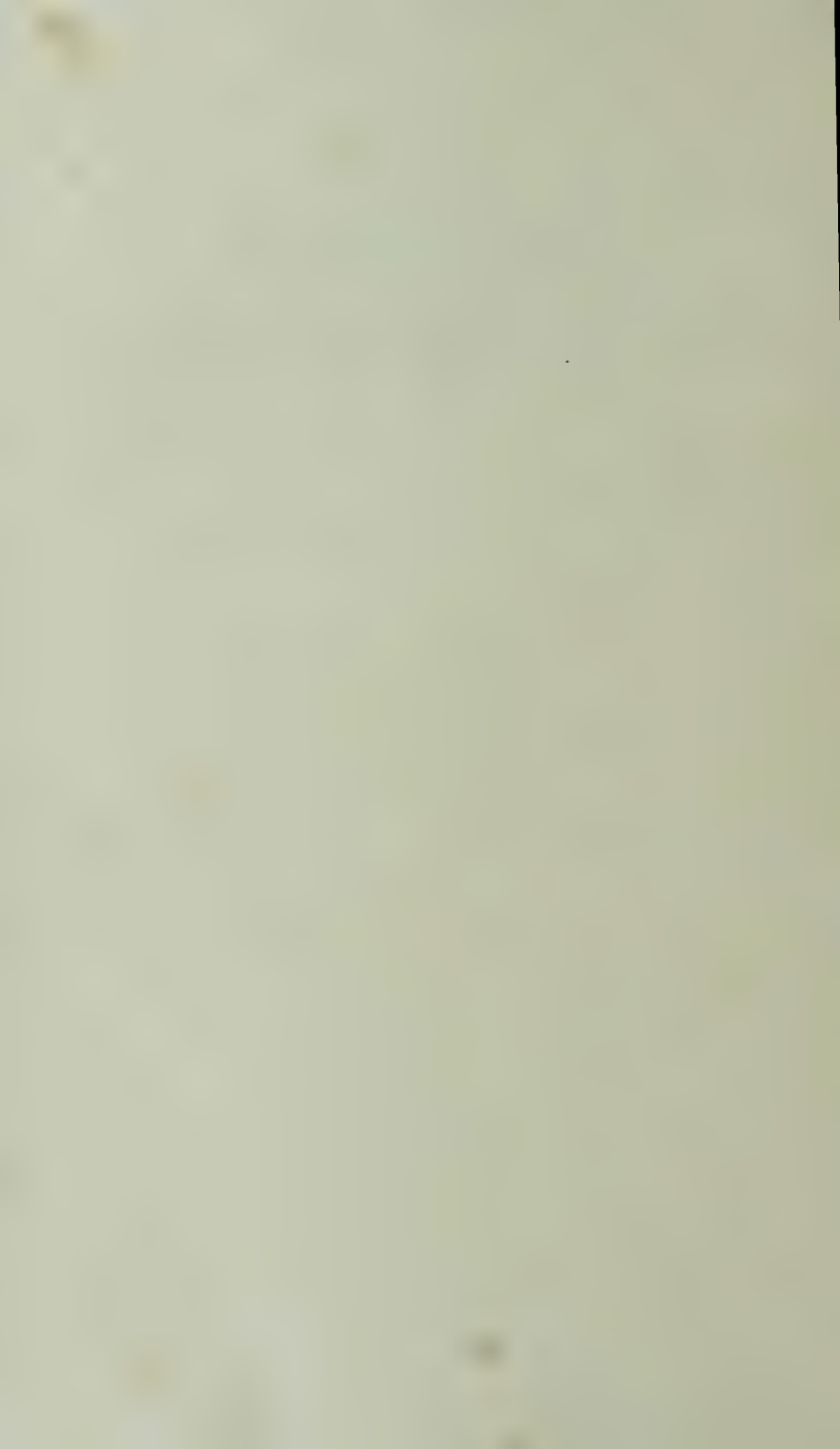
WALNUTS, PICKLED (SWEET)

Wash and dry whole walnuts chosen for pickling, prick them and let them lie in cold water for six days, changing the water each day. Then drain them, and boil them until tender in fresh water. Drain them again, and stick in each a little bit of cinnamon and a clove. Put them into jars and cover them with vinegar which you have sweetened by boiling it with moist brown sugar in the proportion of a pound of the sugar to a pint of good malt vinegar. Leave for a week, drain off the vinegar, boil it up again and pour it over the walnuts while hot.

WATERMELON PICKLE

Another American recipe. Pare off the green part of the rind, cut the white part into strips of desired size and cover with boiling water in which alum has been dissolved. Leave overnight, then soak for several hours in fresh cold rain water. Place in preserving-pan and cook in fresh hot water until tender. Have ready a syrup made of equal parts vinegar and sugar. Cook in this a stick of cinnamon, several sliced lemons (without seeds) and a little ginger-root. When thick and well flavoured place the drained melon in this and cook until the liquid is clear. Take out the melon, place in jars, boil down the syrup until thick, pour over the rinds and seal.

PART THREE
BOTTLED SAUCES AND
KETCHUPS



BOTTLED SAUCES AND KETCHUPS

ANCHOVY KETCHUP

Put into a stewpan a quart of ale, a quarter of a pound of anchovies, three finely chopped shallots, three tablespoonfuls of mushroom ketchup, half a teaspoonful of castor sugar, half a teaspoonful of ground ginger, quarter of a teaspoonful of ground mace and two cloves. Simmer them all together very gently for an hour, then strain. When quite cold, bottle.

ANCHOVY SAUCE (ESSENCE)

Take a pound of salted anchovies and pound them in a mortar until smooth, passing them then through a sieve. Put the debris from the sieving into a stewpan, add the liquor from the bottles of anchovies, a saltspoonful of ground mace, the same of cayenne pepper and a pint of cold water, and simmer these gently together for half an hour, straining the liquid then and mixing it with the anchovy purée. Put this back into the rinsed pan, bring it to boiling point, add a quarter of a pint of good vinegar, and simmer for ten minutes longer. When cold, bottle.

APPLE KETCHUP

Put a dozen peeled, cored and quartered apples into a pan with enough water to cover them, and simmer them until they are soft and nearly all the water has evaporated. Rub through a sieve, and measure the pulp, and to each quart of it add two breakfastcupfuls of vinegar, two grated onions, a breakfastcupful of sugar, three level teaspoonfuls of salt, two

Bottled Sauces and Ketchups

level teaspoonfuls of powdered cinnamon and a level teaspoonful each of mustard flour and ground cloves. Bring to the boil, simmer for an hour, and then pour off and seal at once.

BLACKBERRY KETCHUP

Simmer five to ten pounds of blackberries in just enough water to cover them for about half an hour or until they are quite soft, then rub them through a sieve. Measure the pulp and for each pint add a teaspoonful of salt, the same of sugar, half a teaspoonful of mustard flour, a sixth of a teaspoonful each of cinnamon, cloves and nutmeg and half a pint of vinegar. Simmer for about ten minutes and bottle.

CHILLI SAUCE

Put into a pan eighteen large tomatoes, chopped, six large onions, four red sweet peppers (pimientos) and two green ones, all chopped also, two-thirds of a breakfastcupful of sugar, two level tablespoonfuls of salt, five breakfastcupfuls of vinegar, and one teaspoonful each of powdered cloves, cinnamon and allspice. Cook slowly until thick, then pour into clean jars and seal at once.

CRANBERRY KETCHUP

Cook four pounds of cranberries and a pound of chopped onions with two breakfastcupfuls of water until tender, then rub through a sieve. Add four and a half breakfastcupfuls of sugar, two breakfastcupfuls of vinegar and three level teaspoonfuls each of powdered cloves, cinnamon, pepper and allspice and salt. Boil until thick.

CUCUMBER KETCHUP

Peel six cucumbers, slice them as thinly as you can into a bowl and sprinkle them generously with salt. Cover closely

Bottled Sauces and Ketchups

and leave until the next day, then strain the liquid into a stewpan, adding a teaspoonful of peppercorns for each pint. Simmer gently for about half an hour. Strain into bottles when cold, and cork tightly.

FISH SAUCE

If we are pagan enough to wish to eat vinegar with fish, this sauce would be a good deal better. Put a quart of vinegar into a large bottle with two tablespoonfuls of walnut ketchup, two tablespoonfuls of soy, an ounce of cayenne pepper, a clove of garlic and two sliced shallots. Shake daily for a fortnight, then strain and bottle.

ELDERBERRY SAUCE

Put two quarts of stemmed elderberries into a jar, and leave them in a cool oven for about twelve hours, to give up their juice. Then pour this off, and put it into a pan with four ounces of finely chopped shallots, a small bit of bruised ginger, three or four blades of mace, one dessertspoonful of cloves and two of peppercorns. Boil this up for ten minutes, and pour it over the berries again. Bottle together, berries and all. (See also *Pontac Sauce* on page 82.)

GOOSEBERRY KETCHUP

Top-and-tail, wash and drain five pounds of gooseberries, and put them into a pan with four pounds of sugar, a tablespoonful of cinnamon, three level teaspoonfuls each of clove and allspice and two breakfastcupfuls of cider vinegar. Bring to the boil, and simmer for two hours.

GRILL SAUCE

Pound half an ounce of pickled shallots and the same of grated horseradish in a mortar, and when it is smooth, add

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to it a pint of mushroom ketchup or of walnut pickle juice, half an ounce of allspice, and one ounce each of salt and black pepper. Keep closely covered for a fortnight, then strain into small bottles.

HARVEY SAUCE

Cut three anchovies into three or four pieces, and put them into a wide-mouthed bottle and add a tablespoonful of sugar, a quarter of a pint of walnut ketchup, a finely chopped shallot, a finely chopped clove of garlic, a quarter of an ounce of cayenne pepper, a quart of vinegar and a few drops of cochineal for colouring. Let the jar stand for a fortnight, shaking it at least once every day. Then strain the sauce into small bottles and cork them tightly.

HERB SAUCE

Wash and scrape a stick of horseradish, and put it into a stewpan with two finely chopped shallots, and a few sprigs each of winter savory, basil, marjoram, thyme, and tarragon (after first removing the stalks from the herbs), six cloves, the thin peeled rind and juice of a lemon, half a pint of strong vinegar, and a pint of water. Simmer gently for twenty minutes, then strain, and when quite cold, pour into small bottles and cork tightly.

MINT SAUCE

Chop up half a pound of green fresh mint leaves and put them in the bottom of a jar. Add a pound of castor or granulated sugar, and pour a pint of boiling vinegar over them. Cork down when cold.

MUSHROOM KETCHUP (1)

Peel and slice four quarts of mushrooms, and cook them until soft with a bay leaf and a breakfastcupful of water. Rub

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through a sieve, add a breakfastcupful of vinegar, three level teaspoonfuls of salt, a level teaspoonful and a half of powdered cinnamon and a quarter of a level teaspoonful each of cayenne pepper, ground cloves and mace. Cook on for about half an hour.

MUSHROOM KETCHUP (2)

Put seven pounds of mushrooms into a large jar, and sprinkle them with half a pound of salt. (If possible, the mushrooms should not be peeled nor washed, but simply have dirty parts rubbed clean with a little salt. This counsel of perfection, however, is not always possible to follow, unless you can pick your own mushrooms. Nor should the mushrooms be picked on a wet morning. They should be quite dry, or the ketchup will not keep.) Leave the jar of mushrooms for three days, stirring them at least three times each day. Then cook them very gently on the stove or in a cool oven, until their juice exudes freely. Strain this through a cloth: do not squeeze the mushrooms in doing so. Now put the liquid back into the empty jar, adding, for each quart, half an ounce each of allspice and ground ginger and a quarter of a teaspoonful each of pounded mace and of cayenne pepper. Place the jar in a pan of boiling water, and cook very quietly for about three hours. Let it get cold, then strain two or three times through a fine cloth or muslin, and bottle.

NASTURTIUM SAUCE

Fill a quart measure with nasturtium flowers, pressing them down. Put a quart of vinegar into a saucepan with eight well bruised shallots, six cloves, a teaspoonful of salt, and half a level teaspoonful of cayenne pepper, bring to the boil and simmer for ten minutes. Pour this over the flowers, and keep them closely covered for a month. Then strain into small bottles, adding a little soy to each before corking.

PLUM SAUCE

Boil together five quarts of red plums, half a dozen onions, half an ounce of chillies and half a pound of currants in a quart of vinegar for half an hour, then strain into a pan. Now add a pound of lump sugar, a quarter of a pound of salt, two ounces of mustard flour, one ounce each of ground ginger and of allspice, and half an ounce each of ground nutmeg and turmeric. Simmer for an hour, and the sauce is ready.

PONTAC SAUCE

Take the stalks from a quart of ripe elderberries, put the berries into a jar, cover them with vinegar, and cook them in a moderately hot oven for three hours. Strain and measure the liquid. To each quart add half a pound of coarsely chopped anchovies, an ounce of chopped shallots, six cloves, two blades of mace and two dozen peppercorns. Simmer gently for one hour, then strain and bottle. (See also *Elderberry Sauce* on page 79.)

SHALLOT SAUCE

Chop a quarter of a pound of skinned shallots, and put them into a wide-mouthed bottle. Pour over them a pint of sherry and a pint of vinegar, and leave the bottle closely corked for a fortnight. Then strain off the liquid and seal it up in small bottles.

TOMATO KETCHUP (1)

Cook together until tender four quarts of peeled tomatoes, three red peppers and two finely cut medium-sized onions: do not add any water. Rub this mixture through a sieve. Now add three level dessertspoonfuls of salt, a third of a breakfastcupful of sugar, two level teaspoonfuls of celery salt, two level teaspoonfuls of mustard flour, a level tablespoonful of paprika pepper and a stick of cinnamon with three level teaspoonfuls each of whole cloves and allspice.

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ried in a muslin bag. Cook rapidly for an hour, then add two breakfastcupfuls of vinegar, and cook on until thick, stirring to prevent burning. Rapid cooking is essential, as long slow cooking gives a dark unpleasant colour.

TOMATO KETCHUP (2)

Peel and mash up two pounds of ripe tomatoes, and put them into a stewpan with two sliced onions, four finely chopped green peppers, two tablespoonfuls of salt, two teaspoonfuls of moist sugar, a tablespoonful of ground ginger, a ground nutmeg, half a teaspoonful of mustard flour and two quarts of vinegar. Mix well together and boil for about two hours, stirring often. Then rub through a sieve, and bottle while hot.

TOMATO KETCHUP (GREEN)

Chop up three and a half pounds of green tomatoes, and chop up two or three green peppers (with their seeds removed) and two medium-sized onions. Mix these together and leave them to stand for a few hours in a basin, sprinkled with salt. Now drain off the liquid and put the vegetables into a stewpan with a pint of vinegar, adding spices to taste in a muslin bag, including half a teaspoonful of celery seed. Simmer until soft, and rub through a sieve. Put this purée back into the rinsed pan, add four to six ounces of sugar according to taste, a dessertspoonful of mustard mixed smoothly with a little cold vinegar, pepper to taste and more salt if desired. Simmer very slowly for another hour, adding more vinegar if the ketchup looks too thick.

TOMATO SAUCE (1)

Peel and slice two Spanish onions thinly, put them into a jar with a dozen large tomatoes, and cook them in a slow oven until tender. Pass the pulp through a fine hair sieve, and put

Bottled Sauces and Ketchups

it into a stewpan with an ounce of salt, half a teaspoonful cayenne pepper and a pint of vinegar. Simmer gently ten minutes.

TOMATO SAUCE (2)

Bake your tomatoes in a jar in a slow oven until they tender, then rub them through a fine sieve, and measure pulp. To each quart of this add a pint of chilli vinegar, quarter of a pint of soy, a tablespoonful of anchovy essence, two finely chopped shallots, a finely chopped clove of garlic and salt to taste. Simmer until the shallots and garlic are quite tender, then sieve finely, and bottle.

TOMATO SAUCE (3)

Cut five pounds of tomatoes in pieces, and leave them in a bowl for half an hour with a tablespoonful and a half of salt sprinkled over them. Now chop up a pound of shallots, chop and chop up a small apple and put these into a stewpan with half a pint of vinegar, four ounces of sugar, half a tablespoonful of pepper and a quarter of a tablespoonful of ground cloves, half a teaspoonful of mace and a quarter of a teaspoonful of nutmeg. Bring to the boil, add the tomatoes and bring to the boil again. Now add a bay leaf and simmer for half an hour. Take out the bay leaf, simmer the sauce for an hour longer, stirring frequently, then pass through a sieve and when quite cold, seal up in bottles.

TOMATO SAUCE (4)

Peel a gallon of ripe tomatoes, and cook them with five chilies until tender. Rub through a hair sieve, and add two ounces of salt, two ounces of black pepper and half an ounce of ground allspice. Moisten with a pint of vinegar, and boil slowly for three or four hours. Bottle whilst still warm. As will be realized, this sauce is an extremely hot one.

TOMATO SAUCE (5)

Cook twelve pounds of tomatoes over a low heat in their own juice until they are soft, then cook on until the mash becomes thick. Rub this through a sieve, and add an ounce and a half of salt, a pinch of cayenne pepper, a pound of sugar, a quarter of an ounce of paprika pepper, a pint of spiced vinegar and two fluid ounces of tarragon or chilli vinegar, whichever you prefer. Stir and boil until the sauce is creamy, and bottle while hot.

TOMATO SAUCE (GREEN)

Slice up six pounds of green tomatoes, a pound of peeled and cored apples and half a pound of onions, and mix these with a pound and a half of moist sugar, four ounces of salt, an ounce and a half of peppercorns, a teaspoonful of cayenne pepper, six cloves, a few blades of mace and a teaspoonful of celery seed. Pour a pint and a half of vinegar over them, and boil gently until the sauce is dark and thick. Rub through a hair sieve, adding a little more vinegar if the sauce is not thin enough.

WALNUT KETCHUP

To make about seven pints, take a hundred young and tender green walnuts and, after bruising them slightly, put them into a jar with three ounces of salt and two quarts of vinegar, and leave them for eight days, stirring them each day with a wooden spoon. Then drain the liquid into a stewpan, and add to it four ounces of anchovies, a dozen finely chopped shallots, half a stick of horseradish finely grated, half a teaspoonful each of mace, nutmeg, ground ginger, ground cloves and pepper and finally half a pint of port wine. Simmer very gently for three-quarters of an hour, and when cold, strain and bottle.

WELLINGTON SAUCE

Chop up an onion, a lemon, two pounds of apples and a pound of green tomatoes, and put them into a pan with two quarts of vinegar. Add half an ounce of mixed pickling spices tied in a muslin bag, an ounce of salt and six ounces of brown sugar. Boil for about three hours, then rub through a sieve and add a teaspoonful of soy, and bottle.

WORCESTER SAUCE

Put the following into a large bottle: A quart of good brown vinegar, six tablespoonfuls of walnut ketchup, five tablespoonfuls of anchovy essence, four tablespoonfuls of soy, half a teaspoonful of cayenne pepper, four very finely minced shallots, and salt to taste. Cork the bottle tightly, and shake it three or four times a day for a fortnight. Then strain the sauce into small bottles.

TWO MUSTARDS

INDIAN MUSTARD

Put a quarter of a pound of mustard flour, the same of ordinary flour, and half an ounce of salt into a bowl, and mix them to a smooth paste with some hot water. Now boil four chopped shallots in a quarter of a pint of vinegar with four tablespoonfuls of mushroom ketchup and two tablespoonfuls of anchovy essence for ten minutes. Then add the mustard mixture, stir and simmer on for another two or three minutes. Bottle when cold.

ITALIAN MUSTARD

Put into a small saucepan a tumbler of white wine, a small onion stuck with six cloves and a little salt. Simmer over a very low fire for a quarter of an hour, then strain through a sieve, and stir in by degrees four ounces of mustard. When smooth and thick, pot in jars.

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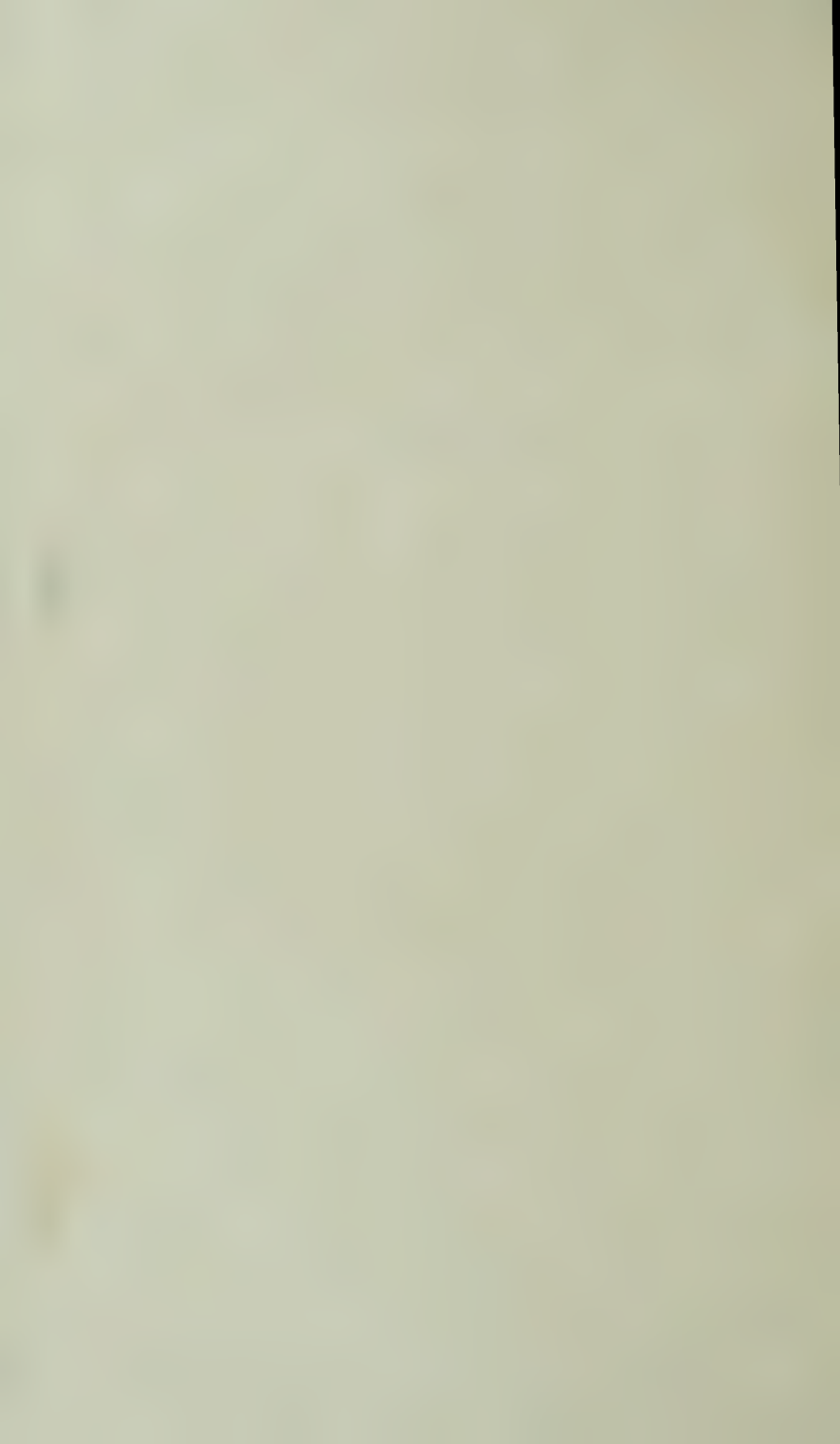
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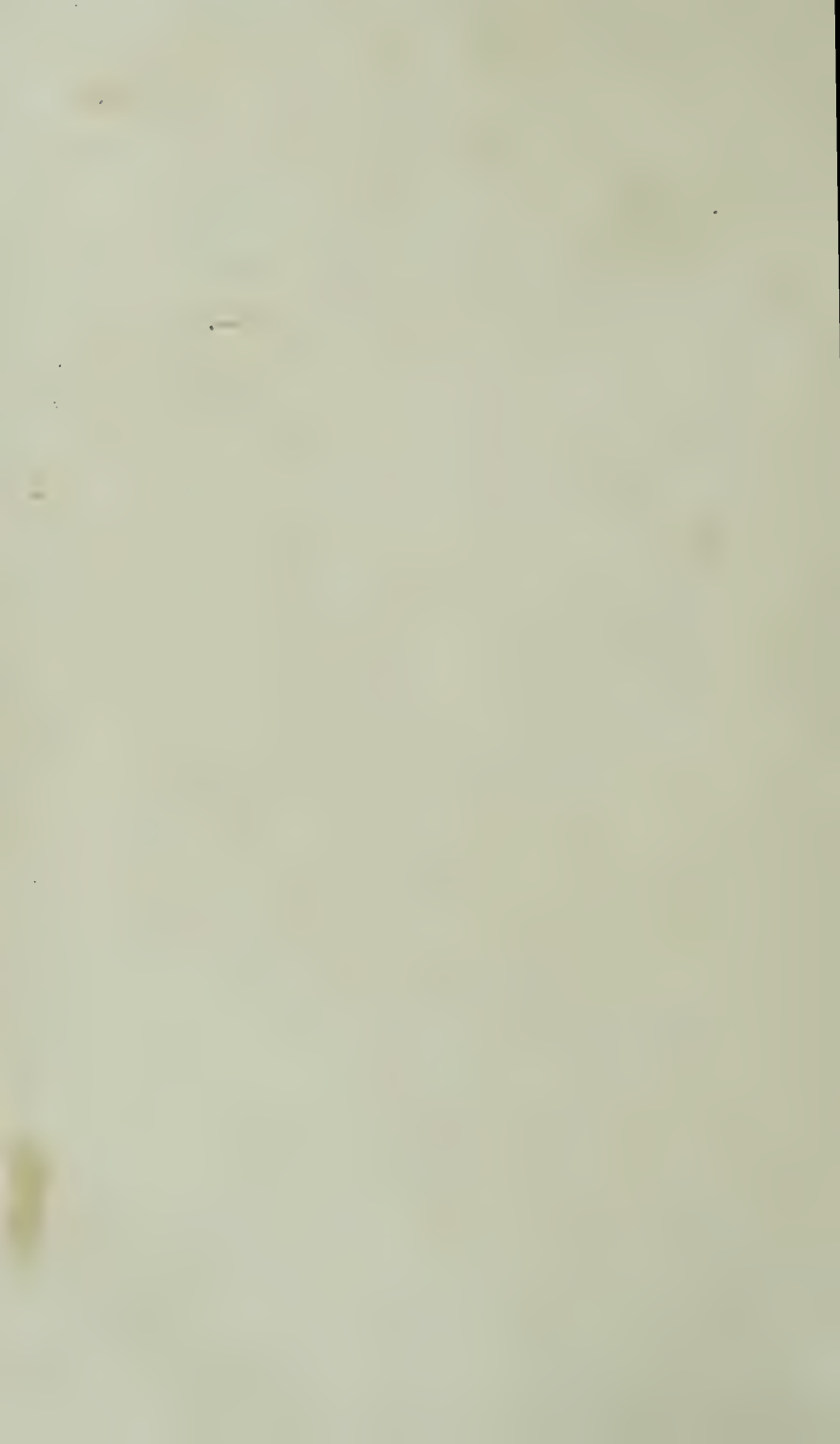
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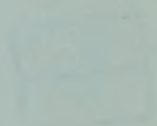
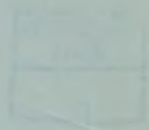
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